

100 Benefits of Brahmacharya

Brahmacharya is very necessary to protect the power which generate our body from 40 days food. Whether it is woman or man, no issue. Both eats the food and its reproduction system collects same power and its aim is to reproduction not pleasure of mind. If we use it as small 5 to 10 minutes pleasure of mind. It will be waste of power and its cost, you have to pay in the form of decrease your body's immune system. Now, question is how can I practice of Brahmacharya and overcome my sexual desires. Its simple solution, you have to focus your BIG WHY behind this.

Why Brahmacharya needs for your life. From this question, we have to learn its 100 benefits.

1st Benefit of Brahmacharya: We get Virya Labha from practice of Brahmacharya

If you are male, you have the virya and if you are female, same virya name has changed. Its name is raj. If you male or female, if you will break your Brahmacharya, you will never get the Virya labha or benefits of protecting the virya.

It is written by Yog Rishi Patanjali in yoga sutra 2.3

brahmacharya pratisthayam virya labha

Brahmacharya = Win of Sex Organs (Indriye Vijay)

Pratisthayam = Strong Foundation

Virya = Sex energy / Vital Energy

Labha = Benefit

It is your duty to make the strong foundation because when you will be active to sex thoughts, same sex energy will consume. If you will control your sex thoughts, your sex energy will be in your body and same will be the part of your strength which can be used anywhere for your goal.

2nd Benefit of Brahmacharya: Get Ojas and Tejas

You have seen some people in this history that are full of attraction and influenced millions of people with their great action. How did they do? Answer is simple.

First they have preserved the sex energy. Same energy has converted into Ojas and same Ojas converted into Tejas. With this, they can do anything very easily

with this energy. You can see oj on their face. A light when you will connect with them.

Sexual activity consumes our energy because it is truth that for doing any physical activity needs mental and physical forces. If we protect it, same forces in our balance which we can use or transfer anywhere in our life and in other's life.

What is influence to other? Other can change with your talk. This is great influence. If you say and other can accept like you're talking power. How is it possible? Yes possible with the force which you have saved through your virya protection and converted into your brain's ojas and tejas energy and when it will transfer to other. Other will understand and give positive response with your all actions.

Tell me a person the face without blood and full of yellow like jaundice patient and his or her voice without confidence will effect on you. It means confidence is power and same power is of his ojas and tejas which came from vital energy saving and following the Brahmacharya.

You can see same ojas and tejas on the face of Mahatma Buddha who got all knowledge by practising of Brahmacharya.

3rd Benefit of Brahmacharya: Increasing the Memory Power

We all know that human brain is the super computer of God which has 1000X power more than all the super computers on this earth. But still, we are unable to remember everything. We know memory power is great success not only for student but in every profession whether he is teacher, doctor or engineer, there is big need to high level of memory power. With Brahmacharya, we get vital energy benefits. If you are without sex thoughts for 100 days, you can see its small light. Because same vital or sex energy go to brain and once you read or see or listen, same energy can capture everything in the memory and tell everything what did you read, what did you listen or what did you watch. When this is possible, no one can stop you to become next genius of this world. At this level, you will upgrade your brain from 10 % usage to 100% usage.

4th Benefit of Brahmacharya: Win the Death

If you are the winner of your mind. If you are the winner of your senses. If you have overcome your sex desire. It is sure that your physical, mental and spiritual power will increase. Same power will make you brave. You will surely win the death with same bravery. Win the death, here does not mean that you will not die or you will not leave this physical body. It only means that you will overcome

your all fear of death. You will not fear of speaking truth because you have power and you have energy. You have the purity in your mind. Who will kill you? Who can give you the fear that he will kill you if you will speak the truth? No one. Fear comes from weakness of mind and Weakness of mind comes from breaking of Brahmacharya or not controlling your own sex desire.

History is full of great personality who did not fear and spoke truth. In this we can include Swami Dayanand Saraswati, Bhisham Pitamah and atal brahmchari Hanuman ji.

Veda Speaks with loud voice.

ब्रह्मचर्येण तपसा देवा मृत्युमपाप्नत। (सामवेद 11.5.19)

अर्थ : ब्रह्मचर्य के तप से देवों ने मृत्यु पर विजय प्राप्त की।
अर्थात : मानसिक और शारीरिक शक्ति का संचय करके रखना जरूरी है। इस शक्ति के बल पर ही मनुष्य मृत्यु पर विजय प्राप्त कर सकता है। शक्तिहीन मनुष्य तो किसी भी कारण से मृत्यु को प्राप्त कर जाता है। ब्रह्मचर्य का अर्थ और इसके महत्व को समझना जरूरी है।

With the help of austerity of Brahmacharya, great people won the death.

Even if you will always go to fulfil your sex desires and got only small period sex pleasure and same brought different diseases and death can easily capture you because you are weak physically and mentally. Who made you weak? Your diseases made you weak and how did these diseases came. They came from your uncontrolled running senses like your eyes and ears and with this our mind gains small period pleasure and loss his or her health for long period. If you have to win the death, you have to win your diseases, you have to be healthy and it can be possible with your brahmacharya.

5th Benefit of Brahmacharya: Physical Power

With the help of practising brahmacharya, you can increase your physical power. Because you save your viraj and it becomes the part of your physical power. Even you eat normal food but you have focused to control your all sex desires, you will strong day by day physically. Everyone who protected this wealth became rich physically.

There are lots of great examples of people who got physical power with brahmacharya.

Professor Ram Murti who got big power with brahmacharya. He can break iron chain. He can uplift the elephant on his body.

Hunaman ji has the power to lift whole mountain when he did not understand which medicine is useful.

Swami Dayanand has stopped the horse vehicle with the power of brahmacharya. Bhisham pitamah in the Mahabharata war, he seated on the arrows because of his physical strength of tolerating each arrows and it can only possible with brahmacharya.

6th Benefit of Brahmacharya: Heal All reproduction Diseases Naturally

When you have misused the reproduction organ by doing masturbation or watching porn and making your mind full of lust and brain releases negative hormones to your reproduction system. With this, you will face the reproduction diseases.

Following diseases of male will come by breaking the brahmacharya

1. Varicocele
2. Hydrocele
3. Low sperm counts
4. Prostatitis

Following diseases of female will come by breaking the brahmacharya

1. Ovary Cyst
2. Fibroids
3. Over bleeding in Periods
4. Endometriosis

Now what is solution? If breaking of brahmacharya, these diseases comes, now if you will again start to follow brahmacharya for 100 days first, you will remove all these reproduction diseases. If you have to strong your future, you have to keep brahmacharya for 1 year means 365 days and then lifetime.

7th Benefit of Brahmacharya: One Medicine for All Diseases

If have any disease of the world, its single medicine is to follow brahmacharya because if you don't waste your vital energy in the form of your viraj or raj, it will increase your immune system and heal all your diseases very fast. Great Ayurveda Acharya Dhanvantari ji gave the teaching of making good character. He said

**मृत्युव्याधिजरानाशी पियूष परमौषधम्
ब्रह्मचर्यं महदरतन सत्यमय वदाम्यहम्**

It means, only brahmacharya is great medicine to kill all diseases, oldness and death. If you want peace, beauty, memory, knowledge, health and good kids, you must follow brahmacharya.

8th Benefit of Brahmacharya: Ability to Born King of World

If you kept brahmacharya before marriage, you got the ability to born king of the world. No matter, it is your daughter or son. But he or she will have the leadership quality and will able to become king because you have saved the energy and same energy bring the dreamer of king.

Even you did not marry, again, you can born the king without marriage. This birth will be done through your teaching. Chanakya was the brahmacharya for life and with his power of brahmacharya, he got enormous knowledge and got ability to teach better way to his student and born the king in his student's mind. DNA transfer from human being's mind to other's human beings mind where there is no need of any marriage.

Swami Virjanand was blind but great brahmachari and with this energy, he taught Swami Dayanand and thus born the person who had power to speak without the fear of death. That is power of brahmacharya.

Guru is also parent of student and like parent, they born great leaders.

9th Benefit of Brahmacharya: Ability to protect the nation

If you are brahmachari and you have protected your virya (Semen) from wasting, you got the ability of protecting nation. India was 200 years slave of English because weakness of brahmacharya. Only freedom fighters from 1857 to 1947, who became brahmachari and protect the freedom of India. Bhagat Singh, Sukhdev, Raj guru, Jhansi ki rani, Chandrasekhar Azad etc. All were brahmachari and with brahmacharya, they got bravery and did not fear from death and gave their life for nation. Now, nation, needs more brave people.

राज्यमुलमिन्द्रियविजयः

For king, indriyevijay is must. If the king is cruel, nation's people will become cruel. If king is not following brahmacharya and its public will not follow the brahmacharya. Today, nation is slave of English medicine and Pharmaceutical companies making us slave in the name of allopathic medicines and vaccines and our king is promoting it instead promoting brahmacharya. At this slavery of nation, we have to commit to strict follow of brahmacharya and never use any allopathic medicine and vaccine.

Science is the base of success of any nation. If there is growth in science, there is growth in economy. But without teaching of complex topic of science, no one can grow in the science. If you will follow the brahmacharya, you will become great

science teacher. Whether, you are teaching medical science or political science, there are lots of complex topics which can teach only a teacher who is the follower of brahmacharya. Otherwise, he or she will forgot his knowledge because wasting of sex energy will weak the brain ability and unable to teach same concept. That is reason, our Veda speaking loud

आचार्य ब्रह्मचारी

Dear teachers of nation, never be sex addicted and he or she must patience and focus on the teaching. Characterless teacher will slow the progress of science because they generate fuse bulb because they have no energy and they will not ability to transfer same energy.

We speak teacher as Acharya in Indian Culture because he gives the education of brahmacharya. He or she teach us how to overcome sex attachment. Students follow teachers. If the teacher is married and sex attachment with his or her life partner, he will not give the teaching of brahmacharya to students. Instead, student will learn from his mind language and with this evil will grow in the society and people will become ignorant. From this, poverty starts and knowledge will die.

10th Benefit of Brahmacharya: Ability to Enjoy Happy and Healthy Married life

Never think, you got permit to daily sex after marriage. It will make you both unhealthy and unhappy.

Aim of marriage should be not fulfil sex selfishness desire. Its aim is to give the great citizen to the nation. Because nation is the source of all dharma and aratha. Married people can produce quality citizen instead characterless population who kill the nation from inside. It is only possible with brahmacharya.

With brahmacharya, husband and wife only once collaboration if both wants healthy and happy and long life.

If unable to satisfy, once in a year but it decrease the age and health in old age.

If unable to satisfy and want daily sex and do, take their dead body clothes and buy some wood because soon, both will unhealthy due to huge wastage and immunity will decrease and death will come.

Indian culture is example of great married brahmacharya

1. Ram and Sita became brahmachari for 14 years forest travel
2. Shri Krishna and his wife was brahmachari for 12 years.
3. Shiv Shankar got the ability to fire sex divine due to huge brahmacharya, he is also married.

4. Shri Lakshman did not see his wife for 14 years forest travel. There was no mobile no, whatsapp, no video call at that time.

11th Benefit of Brahmacharya: Great Wealth

Virya raksha or protection of semen is the biggest wealth creator. Because As per Ayurveda, when we eat food, it will go to different stages and in the end, it converts into semen or Virya.

रसाद्रक्तं ततो मांसं. मांसाद मेदः प्रजायते ।
मेदादस्थि ततो मज्जा. मज्जायाः शुक्रसम्भवः

When we eat food, it will digest and it will convert in food juice. With this juice, body makes the blood. With blood, body makes the flesh. With flesh, body makes its own fat and bone marrow and Bone marrow converts into Virya of male or Raj of female.

If a person eats 40 days food of 100 kg, it will convert into 1 Litre blood. With one litre blood, it converts into 10 gram virya or semen. This is real diamond which must keep in the head crown and never waste it on the earth.

We explain this wealth financial wealth. Suppose, you are very poor person. You start to do the work hard and do your business and earn the money and re-invest same in your business and you created wealth. Now, you became overconfident and your ego mind started to waste money by giving it to friends and buying useless things and increased your expenses and one day see your business needs money but you did not have and your business has failed and you again poor. How will you feel? Sad and feel depressed.

Now, is it not same thing? Your inside machine has worked day and night to make this wealth. So, use it to protect this machine and enjoy the happiness of health and long life. But you have wasted it in small time pleasure and gave the emergency situation to inside machine to protect it with same wealth but there is no wealth inside in the form of virya. Now, you will face again the poverty inside also due to weakness inside body.

So, protect next 40 day food at any cost.

12th Benefit of Brahmacharya: Self Protection from Bad Impact of Virya Nash on Body, Brain, Mind and Soul

If you learn brahmacharya and you will get the great benefit of same brahmacharya. With this, you can protect yourself from bad impact of viryanash on the body, brain, mind and soul

There are 4 things in the human body. One is physical body, second is brain, third is mind and fourth is soul.

First of all you should now what are the bad impact of viryanash on all these things in human body.

Bad impact on the body

With viryanash, you will get the diseases of urinary tracks. UTI is main. It means, you will get burn during the passing of your urine. You will face the problem of gonorrhoea and diabetes. You will also face the problem of inability to born the kid. Your hair will white before time. You will face constipation. Lungs will weak and you will face the joint pain.

If you follow brahmacharya and protect your Virya, you can easily save all these physical diseases.

Bad impact on the brain and mind

With viryanash, you will face the problem of epilepsy and nervous system down and brain haemorrhage

Mind also faces the problem of psychological diseases like all time future anxiety and stress, insomnia

With strict lock to your door of mind with practice of brahmacharya, you can save all these brain and mind bad impacts.

Bad Impact on the Soul

Soul always feels sad and feels guilty of this bad act which his mind has done due to small pleasure. Soul is king and if his defence minister did any bad act, its cost has to pay by king also.

With viryanash, your self-confidence will low because your internal vital power is low.

With viryanash, your self-esteem will decrease

You will not able to open your inner power and feel like animal which only sleep, eat, sex and fear.

13th Benefit of Brahmacharya: Self Protection from Bad Impact of Masturbation

A strict follower of brahmacharya never do the masturbation and save from the bad impacts of masturbation.

1. Masturbation makes whole body weak. It decreases eyesight, it weakens the sensory power.
2. Masturbation will disorder the reproduction sensory by nightfall disease.
3. Masturbation will increase body pain.
4. Masturbation will make you powerless.
5. Masturbation will stop your reproduction power.
6. Masturbation is addiction and makes you mad mentally.
7. Masturbation will kill your character.

Now, if you don't have the addiction, you cannot be depressed. Strong commitment will help you.

14th Benefit of Brahmacharya: Self Protection from Bad Impact of Porn

If you are practicing the brahmacharya, you know, you have saved yourself with 8 types of maithun and one is not watching porn. And if you do not watch the porn, it means, you saved yourself from the bad impacts of porn.

Following are the bad impact of watching porn on your life.

1. If you see the porn in any day in your life, you will not achieve your biggest Goal in your life. Reason is very clear. SEX is the biggest Desire in the world. PORN is open Door in the internet to reach the BED Room and see all things regarding SEX. So, it gives you pleasure and it will carry far from your biggest GOAL of life. A great person told, you feel 1 year if your hand is on the fire only for one second in reality. You feel 1 year is like one second if your eyes on naked woman for 1 year in reality.
2. If you will quit the porn, you will be truthful. Truthfulness is the great quality of any human being's character if you are truthful, all can trust on you by closing eyes. If you are truthful, you can build other's trust. If you speak lie, no one can trust on you if you speak lie and your lie has opened and you will be failure to build other's trust.

Success is based on winning of other's trust. Because without the support of other, we cannot achieve biggest Goal of life. In your bad situation, your truth will give you the big power. For example, a big don with 20 people came to you and withdraw your 10000 from your pocket. What will you do? You will say, I am speaking truth. This is mine. But he is not giving. You will take iron stick and break his leg. YES. Who gave you power to fight with 20 don. Your Truth
If you see the porn, you will never be truthful because

(I) This is your hidden truth which you cannot speak truth with other. It is black dark on your good character. If anybody will ask you, are you watching porn? Porn watching means addicted to porn. Addicted to see women or men naked or seeing them like seeing dog's sex position. It means, you are seeing other dogs to do sex and feel only jealousy, you are unable to get this physical pleasure. Means, next bad quality of person is jealousy. Due to frustration and sex stress, you will start to do masturbation which is next bad quality of the person. All started with your bad habit of porn. Because all porn starts are showing lie and you are seeing lie. They are even bad from dog sex. Dog are doing sex with female partner are real, natural and truthful. BUT whole porn industry shows sex only for earning money. MONEY from sex ads and sex product selling and sex fees. God has made the reproduction organs and it is your truthful duty is to use it for sex and get baby reward. But all porn stars did not sex for baby, they did sex for money and open your desire of sex and get reward of your slavery of porn addiction. To kill to slave is very easy. If your mind is slave of porn watching, it means, you are just a product. Your time has no value. Your emotions has no value. Your age has no value. Your knowledge has no value. All your knowledge, money and energy will be used only achieving the lie-ness goals of Porn stars and porn industry.
So, if you want to be truthful in real sense. Stop to watch lie. Stop to see porn. Be truthful to Your Biggest Goal
God will ask you the Question when you are complaining, WHY AM I UNABLE TO ACHIEVE MY BIGGEST GOAL OF LIFE? God will say
Dear, you are not truthful to your biggest goal. If you were truthful,

you will remember only your goal. You will do only actions for your biggest goal. You will spend only time to achieve your life's biggest goal but I am helpless. You are biggest liar of the world by not spending time for goal, only watching porn. Liar is also called garbage or dust. By speaking lie, you have become only a dust and you will have the value of a dust. Just waste of life. So, start to speak truth and stop porn. By quitting porn, you will be truthful.

3. IF you see the porn, you will unable to use your mind for thinking great ideas for fast success in the life. One of great benefit of Quitting porn, you can use your mind for thinking great ideas of achieving your biggest goal of life. It only possible if you think that there is no need of porn in your life. Even the physical sex is cheap product which is selling in the market. But my time is not cheap which I spend in these cheap products. GOD has made me for big mission. All my sex thoughts are just boiling milk bubbles. In past, you did not focus to see that when sex thoughts will come in the mind, you have started to give more focus on these bubbles and its size has increased and you have opened porn site on your laptop or mobile and started to watch it and masturbated by opening your pant zip and sell your viraj (SEMEN + SPERM) in the price of waste. Now, by quitting the porn, your focus to achieve your biggest goal will increase and you will think more advance and innovative ideas of achieving your biggest goal more fastly.

15th Benefit of Brahmacharya: Direct Your Sex in Energy in the Positive Direction

Yes, with brahmacharya, you can get the ability to direct your sex energy in the positive direction. For example, I am writing this content, I have some energy. This is my sex energy. Now, I know how to use for welfare it for someone. That is reason, I have added same energy for thinking and writing this content. Like this, great personalities did great work with their sex energy. Swami Dayanand had taught the large number of students about the importance of brahmacharya and his students have opened large number Gurukuls like Gurukul kangri and many more for welfare of humanity. So, following the brahmacharya is must. For this, message to your mind, please focus on the love instead lust. Now, you have set great dreams to solve nation's problem

Problem of ignorance. Spend your time as teacher to solve it. This content is also giving you knowledge which opens your eyes and you have to spread same knowledge to light whole world.

16th Benefit of Brahmacharya: Power to Never Distract in Mind

It is the great benefit of brahmacharya that the follower of brahmacharya never distracts from anyone. His goal is very clear. He or she has to kill all enemy which is responsible for brahmacharyanash. First of all, they disconnect all the apps which are spreading lust on the mobile. They also disconnect all the social networks from mobile. They cut Facebook, they cut all of the social networks because, and they now, a small snake attack will have the power to give poison. They are very careful. Even, they block the WhatsApp people who is spreading lustful status photos. They never play games. They never sing lustful songs, movies. Even, they never see any romantic TV serials. They disconnect the friendship with all such people which have bad company. All these things are very easy who follow the brahmacharya.

Even, when they go to offline and if they see any women, they speak in the mind. She is my mother and I am her son many times. Because no one can distract him and take his virya property from him.

They always remember

त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः। कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं
त्यजेत्॥16.21॥

As per Gita, there are three doors of hell. Lust, anger and greed are the doors of three hells. Lustful people feel the hell in the life. Without Virya, they become a living dead bodies. Just taking the birth of a human does not mean you are human.

For becoming human, you need knowledge, humbleness, tolerance power, peace, good qualities. All these things will come with brahmacharya.

Brahmachari never captures in false pleasure. They are not greedy dog. They think lustful thoughts as the bed of snake.

They always thinks that there is no peace if itchy the rash place or ringworm or fungus infection.

They always sing this song

(भजन ध्रुव-गज़ल की)

“विषयों से मन को तृप्त कराना नहीं अच्छा ।
जलती अग्नि को घी से बुझाना नहीं अच्छा ॥ १ ॥
सुख-भोगते जगत के सभी हैं ये नाशमान ।
तृष्णा बढ़ा के जी को फँसाना नहीं अच्छा ॥ २ ॥
है गच्छतीति* जगत् धाम दुःख का भारी ।
रंग रंग के खेल देख लुभाना नहीं अच्छा ॥ ३ ॥
“धन धाम इष्ट मित्र रूप नारि और पुत्र ।
हरगिज़ घमण्ड इनका न करना कभी अच्छा ॥ ४ ॥
‘बामन’ है आयु बीतती अब से भी ज़रा चेत ।
दुर्लभ शरीर पाके गँवाना नहीं अच्छा ॥ ५ ॥

They always think positive.

Protection is living far from snake. Like this, protection is far from sexual thoughts not attach with sex thoughts.

17th Benefit of Brahmacharya: Increase the Power of Digestion

There is big connection of digestion system with reproduction system of body. If you saved your Virya and never waste it. Same energy go to your digestion system. In the digestion system, there is gland whose name is Pancreas. In Hindi, it is called jatharagni. With this energy, this fire will increase. With this, your power of digestion will increase. What you eat, you digest fast and if you digest fast, your Virya will increase. If Virya is increased, your health will increase. This is natural positive circle.

If you start to do unethical misuse of your body's reproduction system and waste the Virya. Your digestion will be affected with it badly. Its pancreas will not fire the given food in the stomach and without digestion. It is undigested dust and toxin and it will not withdraw because you do not have energy to withdraw it. So, this is vicious circle. You have wasted your Virya. Your jatharagni slow and now your digestion has slowed and now, your virya will make fastly and diseases will come fastly due to this. You see some people does not drink a small glass of milk because low digestion and reason is they broke their brahmacharya.

So, come and follow brahmacharya if you want to increase the power of your digestion.

18th Benefit of Brahmacharya: Help for Winning the Mind

It is very great quote. Win the mind, win the world. To win the mind for akhanda brahmachari is not so difficult task. Because he does not spend time in the lustful thinking and lustful action. So, he saved big time. Same time, he invests to study the good books. Same books, he got the knowledge in his mind. His mind becomes powerful. Mind's same energy helps him to visualise and imagination of his dreams. He takes quick action because he is full of energy and quick actions makes him winner in the world.

So, come and follow brahmacharya.

19th Benefit of Brahmacharya: Power to Great Logic

Brahmacharya gives you medha budhi. Same medha budhi only very few wise people who is 2+ brahmachari. Intelligent person where fails, brain of brahmachari starts from that failure point and solve the problem. Million Google do not win from his fight of great logic. Intelligent person cannot tell what is other person is thinking but Medha budhi person can tell the truth what other is thinking by just seeing his or her face because what is in his mind, it is in whole world. Like pure mind sees purity in the whole world and same hateful person sees the hate in whole world. So, if you want to give the answer

Why this happened? Cause and effect or want to become scientist

Be brahmachari.

We have great History of Indian Rishi muni. All are scientist. They can know the future and history of a person because they got small Quality of Braham or God.

When Vishvamitra win the lust in the mind, he became maharishi who made the Swarag on the earth and became the Guru of Satyavadi Harishchandra and took his test of truthfulness.

20th Benefit of Brahmacharya: Achieve Financial Freedom Fastly

There is nothing impossible for achieving the life for the person who follow strict rules of brahmacharya. For getting financial freedom fastly, there is need to study more and more in a day more than 4 hrs. With this, you can learn get the strength of accounting, finance, economics and business and financial management. All needs your energy of focus. If you are addicted of lust or sex. It is impossible to achieve the financial freedom.

Laxmi will not come where there is no purity in the mind. Laxmi and Saraswati both are sister. Saraswati demands the Tap of practice for gaining knowledge. When you will get Siddhi of Financial matters, laxmi will come.

At that time, your business will start to reach high level. It will only possible when you will do hard work in positive direction. So, be brahmacharya and stop your mind to go impurity side where you will become beggar after laxmi leaves you.

Why forgot, laxmi and saraswati both are your mother. Same energy is in every women.

If you have attracted face beauty. Why forgot, both laxmi and saraswati is sitting there that is reason, she has the beauty. But by your lustful thoughts for her. If you're inside laxmi and saraswati sees. Both will start to punish you.

You forgot your Vidya.

By forgetting Vidya, you will not use the same Knowledge and if you did not use your knowledge, your value is just labour and chock labour who got Rs. 500 only after 10 days and did not give the food to his family but drink alcohol with same Rs. 500.

IF you want to become Siddhi on Your Vidya, be humble and start to see the whole world of women as mother.

21st Benefit of Brahmacharya - Get Mastery on Emotions

One of the great benefits of brahmacharya. With this, you will become the mastery on emotions. Do you know that Anger comes from Sex? How when anyone disturbs your desire, you feel angry. For example, your habit is to bathe at 7 am and everyone knows in the family that you bathe at 7 am. After knowing

it, your brother went to the bathroom at 7 am to distract you. What to do? You will be angry. Simple. Your desire did not fulfil and anger energy will come to fight and win your desire. World's biggest desire is Sex after crossing childhood. If a person whose sexual desire did not fulfil, he or she will be angry who is barrier in his or her desire and after this he or she fights with angry words. Then what will happen, his or her memory power of the brain will remove. On removing the memory power, he or she does not care who is his or her front and starts to insult or doing actions without Dharma. From this, he or she destroys his or her life. That is the path of destruction.

See it again

Sex Desire > Disturbance in Sex Desire > Anger > Loss of Memory Power > Loss the brain ability of judgement > His or Her Every Action Destroy of Own Life

But the great thing is that it never happens with the follower of brahmacharya. With brahmacharya, you can easily your sex desire. By controlling your sex desire, you can control your all desire. By controlling your desires, you can control your mind. By controlling your mind, you can master of your emotions. No anger can come in your mind. Only peace and happiness keep in your mind. All positive emotions will be come. With this, your memory power will be the highest level. Your each action will touch the heart of every person which will be connected with you.

With overcome your anger, you will also win related to any negative emotions

1. No anger means no jealousy.
2. No anger means no hate.
3. No anger means no revenge.
4. No anger means aggressive nature.
5. No anger means no bad action and no bad action means no guilt.

No anger means better ability to manage emotions in thinking and better manage the emotions in thinking means better thinking level.

22nd Benefit of Brahmacharya - Power to Inspire the World

To follow the brahmacharya is just like walk on the sword edge. But who has walked on the sword edge inspired the whole world?

They were inspired by Great focus on Goal.

By the following brahmacharya, great personality has done extraordinary work. The biggest inventions are the proof of the great focus on scientists because, during the time of invention, they only focus to achieve the goal. Automatically, lust never comes in the mind. With this, focus, they grow in the path of his goal. The goal has been achieved.

They inspired by their Character and Discipline in the life

We inspired from Chatrapati Shivaji. He was great follower of brahmacharya. Once, his commander won the woman in the fight and wanted to give him to do sex with her. But great words were spoken by Chatrapati Shiva Ji after seeing the same woman. You are so beautiful. If my mother was like you, I would also be beautiful. But no issue, from today, I am feeling my mother in you and feel also the same beauty as your son.

Dear commanders all you won the women like this in the war are my mothers. Care for them like my own mother.

This type of character inspires the whole world. They make their own character and their character makes them great.

Once a woman came to swami Dayanand for breaking his brahmacharya. She told I want to marry you and I want to sex with you. Please accept my request. Swami Dayanand told, you are my mother. I am seeing my own mother in you. Nothing is seeing in you except my own mother. You are worshiped as my mother after listening to mother, mother, mother and mother from the tongue of Swami Dayanand Saraswati. The woman started weeping and fallen on his foot and told, please forgive me, I was blind due to my own sex desire but your purity of mind opens my eyes. Swami Dayanand told her, please follow the brahmacharya, there is no your mistake, every buyer checks the pot by adding the water in it and see if there is hole, buyer rejects. You did the same. Because Brahmacharya is great taste and when this taste will come, other desire does not disturb. Purity will automatically come.

Is these words does not inspire you? Focus and strength of own character come with brahmacharya.

23rd Benefit of Brahmacharya - More Time to Do what you Love

Brahmacharya helps you to free from slave. Slavery of sex desire. Slavery for spending the time in it. Slavery to waste the time in it. Slave has no right to do what he or she love. He only do what his or her sex-addicted mind gives the command. Love is the power of the Soul but lust kills it.

In this world, you came once. Never repeat or you cannot go back for living your life different way. So, everyone have the dreams. You have also.

You want to be powerful.

You want to get success

You want to grow your muscles.

You want to be attractive

You want to do all the actions for what you love. Your love is to see yourself as powerful, successful, strong muscled person and attractive. But without following

the brahmacharya all is impossible because for making power, success and attraction, you have to work out on your mind. If mind does not focus to positive actions, you come with so many excuses why you are failure to do what you love.

1. I cannot make my power because last night I faced nightfall.

But if you have followed brahmacharya and saved yourself with eight types of maithun. Never see, read or listen any lustful thing in offline and online, no nightfall come and you will encourage to work out and become powerful and do every action what you love.

2. I am unable to focus on my passion for getting success and be attractive for all by becoming famous

It means, the distraction of your focus is your excuse. But, for follower of brahmacharya, this excuse never become as barrier. Because Brahmacharya follower got huge focus as god gift. They have focus like tiger because they have target and die without achieving same goal. No beauty to Virya Veg is their problem. All virya flow positive to achieve the passion. If singing is your passion, with brahmacharya Maa Saraswati will happy on you and you will become great singer. You want to become great scientist. It is possible with worship of brahmacharya.

24th Benefit of Brahmacharya - Recovery of Injury Fast

For recovery of an injury fast, needs more new blood. When there is a road accident or any accident in home or anywhere, your skin, bone, the vein may damage and need more and more blood cells to heal it naturally within 2 to 7 days.

But if yours past record is bad. Due to your stress, due to masturbation, due to bad company, due to sex, you have wasted your Virya or Raj (in female), your digestion and liver will not strong. With weak digestion system and liver, your blood will not make fast.

But one of great benefits of Brahmacharya, first his unused virya will go to the injury place and heal it fastly. Second, a person with brahmacharya follower have strong digestion and every eaten food will become blood and heal his all inside and outside injury. So, brother, protect your each drop of Virya. Dear sister, protect your Raj each egg. Do not waste on the earth.

Everyone desire the health of whole world. I recommend, every person should save money for an emergency. I have saved some money for emergencies. Same applies on Virya and Raj saving.

25th Benefit of Brahmacharya - Clarity of Mind

Clarity of mind helps to take decisions fast. Suppose, you are driving the car and the front is not cloud. Road is Clear. You can drive there with the speed of 100 km/ h and you will reach your goal very fastly where you want to go. Are you agree with me?

If the road is full of clouds, full of raining water, your speed will slow. You will be more fearful whether you will reach your goal or not, you will start more care. Yes or no? All things will create big barrier.

In your mind, same thing happens or not?

You may have the goal to do study and top the class or to become financial freedom who to be fit and healthy or grow your spiritual level but if there no clear your mind, your mind will always go to see more and more lustful things. Search more and more on search for lustful things. After this, there will be regret why did you do this. Again go there and waste your time. Mind started to confuse in the life because brain energy will zero. The brain is tool of mind if it is dead, mind will feel helpless.

But Follower of the brahmacharya goes only to achieve the goal. His mind thinks to see all lustful things as poison and snake. He or she kills the same snake when it attacks on his or her mind.

Mind becomes totally free space out of negative and lustful thoughts. Now, blank space will have the space to bring wonderful ideas to achieve the goal fastly. It has use its own 5th gear to achieve the goal fast and it has its own speedometer. So, always follow the brahmacharya.

26th Benefit of Brahmacharya: Right to Go to Brahmaloaka for God Realization

God is everywhere. God is in everything. But still, no one can see him. No one can listen to his voice. No one can feel him. A person who gets the right to go to Brahmaloaka can find the God. The God which is so powerful who knows everything. He is fearless. He is Omni present. He is merciful. He does not take any revenge. He is true all the time.

There are many conditions to reach at brahmalok which explains Prishnoupanishad,

तेषामेवैष ब्रह्मलोको येषां तपो ब्रह्मचर्यं येषु सत्यं प्रतिष्ठितम् (Prishnoupanishad)

God lives in the brahmaloka. A person who follow the strict rules and always remember the Brahm and a single sex thought never comes in his or her mind can get the right to go to Brahmaloka and find the God. See the God. Meet the God. Listen the voice of God. God is truth. By following the strict rules of Brahmacharya, brahmachari becomes the truthful and automatically, he or she reach the brahmaloka.

A Simple Example

I can explain a very simple example. If you have the Website hosting account. You have both the right. You can reach inside your hosting account which is private and you can also look your website which is public. By going inside of hosting, you can develop the design of your public website and write the content. By seeing the public website, you can check its impact. But the viewer of website has only one right to see your public website and read your written content but no authority to change the design of your website or change the content. Now, if the viewer wants to write the content in your website or want to improve your website design. For this he has to show his ability for getting the authority inside of your hosting account

1. He has to request to you to help him for same because he inspired from you. Now Visualise God is inside you means your body hosting and live near soul and Outside the Body in everything. You can see his creation like seeing the website design and website contents. Means, you can see sun, moon, earth, plants, animals and other human beings. Now, you inspired to God and want to meet him personally and visit inside his hosting account. Tell me what you do?

You request to God, Dear God, I love you. I love your every creation. Your everything is beautiful. Your everything is complete. You are so big mastermind. I want to see you inside and I want to meet you. I want to talk you. I want to listen you. I want to contribute in your creation. To request to God in the form of pray is the Brahmacharya. To remember of God is the Brahmacharya. To desire to see God inside is Brahmacharya. And God has great quality that God fulfil all the desires.

You have to decide whether you have to meet the Creator of Everything or Attachment of his Created things.

Follower of Brahmacharya connects to God fastly because they always pray of God and meet the God in Samadhi and reach the Brahmaloka which between two eyes in the forehead. His vital energy uplift and helps to entry to BrahmaLoka fastly. With the power of brahmacharya, it is easy to long time pranavayam. It is easy to reach in Mahasamadhi.

In simple word, for getting god, you have to sacrifice your all desires and keep only desire to achieve the God in this life and it can only be possible in Brahmacharya.

Ramakrishna Paramahansa always says, where there is lust in your mind, there is no Ram in your mind. For God-realization in human body, you must be full

of celibacy. With following of Brahmacharya for 12 years, a new nerve in brain develops and connect with God. If before this, you break your brahmacharya, you again starts from the beginning. So be careful.

Swami Dayanand Says

Like in the winter, if you will go to fire, you will save from winter cold. If you will go to near to God, you will save from all human sadness and got the quality, action and behaviour of God.

27th Benefit of Brahmacharya: Getting All the Benefits of Pranavayam

With the pranayama, we got fresh air in our lungs and same fresh air clean whole body. But only the follower of Brahmacharya can get the benefits of pranayama. If you did not have the mastery on the brahmacharya, you must not do the pranayama. That is Patanjali Rishi kept brahmacharya first in his eight yoga sutras.

There is behind great reason of this.

By doing the pranavayam, a heat energy the whole body gets which purifies its Virya impurities and make the body powerful. If the person who always connected to lustful living and uncontrolled living, if he will do the pranayama, the same heat energy will generate but there is no Virya, so, same heat consumes the blood and other dathus and human being will become weak. Second, he or she will be unable to long breathing holding due to weak point is brahmacharya. So, the first promise to 40 days strict follow the brahmacharya, then start pranayama slowly.

28th Benefit of Brahmacharya: Overcome the Depression

There may be lots of reasons of depression. Whether the loss in the business or a legal issue. Whether there is family stress or health stress. All financial, legal issues, family and relationship issues and health stresses brings depression. With the following of brahmacharya, we can solve it.

Depression first disorder your mind and then brain. But when you forget everything and every day, you eat and control your sex desire urge, your vital energy started to conserve. Same energy first bring the mind in order. When mind's disorder removes, brain will be in order. Now, with orderly brain and mind, you take the better decision. You feel happier because you have focused to save internal earning which came from saving of Virya or Raj. Now, with your internal power, you manage the risks in a different part of life. You will not flight

or fight. You will take a balanced decision. This balanced decision will carry you to success.

29th Benefit of Brahmacharya: Increase the Level of Truth Inside

Truth is

God is operating inside the machine (human body) day and night. God digest our food and convert food into blood and other seven dathus and make the Virya or Raj as last dathu. God is doing hard work day and night and collected Virya or Raj inside the body.

Truth is God keeps his wealth in the testis in male human body and in the ovaries in the female.

Lie is now, you became the owner of same Virya Wealth. Your truthful duty is to save the Wealth of God. But as a cheater, you have taken same wealth and wasted same wealth by Withdrawing from your body by watching lustful things, by reading lustful things, by listening lustful things, by remembering lustful things by talking with lustful thoughts.

God is seeing you as you are cheater who is enjoying from his hard work earned wealth. God thinks you are honest with his bank where he can saved his hard work earning but you have wasted it by using that thing which you did not earned by your hard work. Inside machine is not operated by us. Tell me, are you operating your lungs, your heart, your stomach system and blood circulation system. Everything is done by god with his hard work and you do not right to waste other's property.

By following the brahmacharya, everyone can increase his internal level of truth. This is truth that we have power to control our sexual desires and protect God's wealth which he made with his hard work. . Even you have failed 1000 times to control your sex desire after commitment to win because your weakness of mind. It has decreased the level of your inside truth.

But you did not give up. Good habits needs lots of repetition and practice.

Again if you have controlled your sexual desires, it means, you have increased your truth level. What you have told, you have acted and Won

By following becoming brahmacharya, you have fulfilled your truthful commitment to yourself.

With this truth, your tongue gets the power. What you will say, it will be true in the future.

And this power cannot get from buying from the market. This power comes with the truthful commitment that I will not waste my inner sex energy for 100 days and later lifetime. If it is true. It means, you are truthful and in every area, you

start to commit and if you will be truthful. You will get the Vak Siddhi. What you will say, it will be true.

30th Benefit of Brahmacharya: Freedom from all kinds of sorrows

This is the great benefit of Brahmacharya that with its help, we can free from all kinds of sorrows. Sex desire never complete and due to this, we again and again try and capture its fulfilment and lose our vital energy. When there is no energy in the body. Body starts to become weak and all kinds of sorrows start. When we win our sexual desire. We can protect same energy and this energy save us all sorrow and make use free in our whole life.

Sant Kabir has explain it in his words.

काम सुआइ गज बसि परे मन बउरा रे अंकसु सहिओ सीस ॥१॥

It means, human being made first mud female Elephant. Due to sex Desire of Male Elephant comes near to the trap of human being and become the slave of human being. Due to his slavery, human being enjoys on his head and elephant works under his control and suffers the sorrows.

Now Sant Kabir Convert Male Elephant as the Mind of Human being

Is it not the story of human being's mind? He is running behind his sex desire and wastes his Virya (Vital energy). Due to lose of his vital energy, he is slave and suffers all sorrows. In sex desire, human beings waste his life.

So, brahmacharya is the solution only for freedom from all sorrows.

Mahatma Buddha Says

Sorrow of all is Sex Desire. If a human being got freedom from Sex desire, he can get real happiness his whole life.

So, start to follow brahmacharya and get freedom from all sorrows.

31st Benefit of Brahmacharya: Increase the Power of Getting Knowledge

Whether it is the time of childhood, young and old age, we need knowledge every time. But without understanding the same knowledge, we are unable to use it.

The same knowledge is like Urdu words on the paper and you could not understand it.

For getting any knowledge, you need three main things. One is your curiosity on this. The second is your focus and the third is doing its practice.

With following the brahmacharya, you got all three things. Up to 25 years, if you strict follow the brahmacharya, you can understand everything whether it is maths, science, accounts, economics, politics or any language. You can master in it because you have understanding is to learn any knowledge, it needs dedication and devotion. With this, your curiosity will awake. Your focus to learn will increase, you do the practice day and night.

Our Rishi muni were Brahmacharya during student time. When you have to become student, you have to bring the brahmacharya first in your mind.

When student mastered the brahmacharya, he can easily master of each type of knowledge of this world. Nothing will be difficult for the student.

"स्मरणं कीर्तनं केलि प्रेक्षणं गुह्यभाषणम् ।
संकल्योऽध्यवसायश्च प्रवदन्ति मनीषिणः ॥
एतन्मैथुनमष्टांगं प्रवदन्ति मनीषिणः ।
विपरीतं ब्रह्मचर्यं एतत् एवाष्टलक्षणम् ॥"

1. Students who follow the brahmacharya never remember the woman (vice-versa for female student)
2. Students who follow the brahmacharya never explain attraction or merits of woman
3. Students who follow the brahmacharya never play with girls
4. Students who follow the brahmacharya never never never never see the girls lustful
5. Students who follow the brahmacharya never talk with girl in lonely place.
6. Students who follow the brahmacharya never determine to meet the woman.
7. Students who follow the brahmacharya try to get the girl for fulfil sex desire.
8. Students who follow the brahmacharya have sex with woman

Now, total saved energy of Student by not doing above act.

No remember of girl means more remember the concept what he is learning.

No speaking about girl means more speaking what he is learned.

No play with girl means more play with learning concepts.

No see the girl lustful means more seeing and visualise his understanding of same concept and seeing the progress of his learning success.

No talk to girl in lonely place means, talk himself about his learned concept in lonely place.

No sex desire means, only desire to learn more and more and become the treasures of knowledge in his mind.

No sex means to save his Virya energy for becoming the master of all the knowledge.

32nd Benefit of Brahmacharya: Getting Power to Take Biggest Challenges in the life

One of great benefit of brahmacharya, you can take the biggest challenge in the life because you have the vision. You have the knowledge that every big challenge can divide in small challenge and step by step achieve it. During taking small steps, he will not fear. His stamina helps to achieve all small challenges and make the able to take big challenge.

1. Brahmachari Check own Mind Weakness

Every day before sleeping, brahmacharya checks himself or herself whether he or she break the rule of brahmacharya. If yes, again starts to zero because he or she know that all who achieved big challenge have same mind weakness and they started from zero and reached top.

Brahmachari Never thinks narrow. Sex desire makes person selfish. Freedom from sex desire makes person to think selfless and he or she big support for achieving his big challenge. Shri Ram has to cross the Sea. He is brahmachari. His big challenge was to free his wife from the jail of Ravana. With his purity in his mind whole Vanar Sena helped him to make the bridge for crossing the long Ocean.

33rd Benefit of Brahmacharya: Getting Power to See the God in Everything

A sensual person sees obscene things everywhere, when he becomes celibate, his appearance changes and he starts seeing God everywhere because he gives up the desire of sex. He starts to see the God both in the desire and in the sex. Now, for him, become everything pure. He sees the maker of desire in the mind is God and He starts to focus to see same God. When he finds everything the involvement of same God. He starts to spend his time to seeing in everything. From that point, his life gets real happiness.

Suppose, you have sex desire, your sex desire did not satisfied after doing everything which you can do. What will you will feel the sorrow and distress and what you got you felt nothing. Now, what is solution? You say with your heart believe. I am starting to follow brahmacharya and I am giving up all desires of sex. The magic will now come. The space will fill with the God exists in your mind.

So, start brahmacharya, if you leave your sex desires, your other desires will remove slowly and your desire to see god will increase and you will get success to see god in yourself and in others.

34th Benefit of Brahmacharya: Semen is the Biggest Diamond of the World

Yes, semen is the biggest Diamond of the World. Diamond's great quality is its beauty. Diamond's great quality is its rarity. Diamond's great quality is its biggest value. Today Kohinoor Diamond value is \$12 Billion. Kohinoor Diamond went from India to UK because everyone wants this diamond and history is the proof lots of fight for getting this diamond.

Once it was in the crown of Maharaja Ranjit Singh because Hari Singh Nalwa is his Commander-in-chief. He was brahmacharya and Indrivijay. So, he got enough power in his hand that he had ready to fight with tiger for the protection of his kind Maharaja Ranjit Singh. He Hari Singh grabbed the jaws of the tiger with both his hands and ripped its mouth from the middle. Who can forgot this great fight. Due to this, great Brahmachari, Maharaja Ranjit Singh got Kohinoor Diamond. If you will protect your inside diamond, you have right to get outside diamond.

After every 40 days, a small part of Virya produced which brings the beauty in the face, mind and soul. It is rare. Once wasted Virya does not become. Wasting of Virya is wasting of Life-force.

If you have saved 10 years Virya with Ankhand Brahmacharya, it means have saved the value equal to the diamond which will uplift and become the part of your body, mind and shine your life like a diamond.

Thousands of hardy labourers have to go and dig deep into the bowels of the earth in search for diamonds, and at length, they get perhaps merely a handful of them out of heaps and heaps of rock. How much greater, then, should be the labour involved in the discovery of the infinitely more precious diamond of a Brahmachari?

Simplified: When there is big hard work to getting a diamond. Sometimes did not also. Due to this, it is very costly and Goldsmith protects it very sincerely.

You can imagine. Virya is a diamond and for getting it, you have to do so much hard work. After getting Virya in your body, you have to protect it by more hard work by following the strict rules of Brahmacharya.

35th Benefit of Brahmacharya: Get Super Power with MIND, PRAN AND VIRYA Together

Mind, human prana and Virya are connected. If mind is weak, your pranshakti becomes weak and Virya become weak and start flow outside. If Virya is weak, mind and prana becomes weak. If you want anyone strong, other will start to become strong. If your mind, prana and virya strong, you will get superpower and it can only be possible by the following brahmacharya.

Because with brahmacharya, you control your carnal thinking.

With brahmacharya, you break the meshes of sensuality.

With brahmacharya, you will never lose your sense of right and wrong.

With brahmacharya, you do not capture in the trap of a momentary pleasure

With brahmacharya, every morning, we feel more hope, more power of mind, our pranshakti and our saved Virya.

With brahmacharya, you can overcome your sexual enjoyment merely to satisfy their carnal passion.

36th Benefit of Brahmacharya: shield Against Internal Asur Lust, Anger and Greed

Did you see in the museum that there lots of shield? These shields were used to protect from attacks of enemies. In this shield, there are lots of strong iron clothes for soldiers and also shield in hand for protecting sword attacks.

Biggest Enemies and demons live in the mind and attack anytime on the mind and make it weak.

Its names are Lust, Anger and Greed.

Only following of strict brahmacharya, you can save from its attack.

Gita Says

त्रिविधं नरकसयेदं द्वारं नाशनमात्मनः।

कामः क्रोधस्तथा लोभस्तस्मादेतत्रयं त्यजेत।

There are three doors which carry you to hell. Whose names are Lust, Anger and Greed. IF you are good person, you have to leave it.

With the brahmacharya, you have won your sexual desire. With this, you will think first before taking any action and if Demon of Lust attacks on 1 Million times, it will fail on you. He wanted to show lust through as but you have deleted all the apps which spreading lust. It will attack on you to show lustful lady offline.

But after seeing, brahmachari close his eyes and spoke in the mind. She is my mother. I am seeing goddess mother in her and attack of lust fail on it. All the attacks will fail on the brahmachari. Last attack may be through wife. At this time, brahmachari got vairagya like Buddha and got self-realisation.

Because brahmachari always read the spiritual and holy books and got the knowledge and he got great treasures to win the anger. He knows,

Anger can win with peace and peace will come overcome own desire and educating to mind. Dear mind, you have to speak with all with love, with respect, with humbleness.

If he does not desire to anger with other. No one make him angry.

Greed demon also cannot attack on Siddh Brahmachari because brahmacharya taught him never greed of lust. God is saving your money in the form of vital energy. So, he never run outside money. He enjoys on small foods and remembers god and feels satisfied.

Brahmachari Remembers Anger on past happened things and eat my worthy current time.

Greed will affect my Future good plans and eat my worthy time through future anxiety.

Lust will be on the current time and Waste my whole current time.

So, I have to focus on the brahmacharya and it is my shield from protecting lust, anger and greed.

37th Benefit of Brahmacharya: Help to Awaken Kundalini Power

Brahmacharya helps to awaken the Kundalini. When Yogi, first follows the brahmacharya for 365 and never withdraw a single drop of semen from his body or raj from body. He or she becomes able to awake the kundalini power.

The process is very simple

Strict condition = 365 days total brahmacharya

It is very difficult because water's natural behaviour to go downfall and semen and raj is in fluid form and follow this water's natural behaviour, now, if there is need to send water, we have to do hard work, either take the water in pot and carry it first floor. Yes, like this, we have to do hard work for bringing it to brain by solidity and by avoiding all attacks of lust.

Next Go to Pranavayam and Meditation of OM

Now, your kundalini power will open. After this, eight Chakras starts from below and go to brain.

Muladhara Chakras opens near last point of your spinal backbone.

In simple word, Vital energy uplift through awaken of kundalini power. With this, you can know the God, Connect with God and feel soul power and use it.

This kundalini power uplifts like snake.

By walking it like a snake, it has snake qualities like a snake has not cover on the eyes, the yogi who overcome the sex desire, never lazy. Snake has the pouch of poison and it gives to its enemy. Even it has the poison but it is its power. Snake safe from danger by the attack on the enemy and second it eats food by attack with poison on its victim. Like this, Siddh yogi got energy, its enemy Lust, anger and greed fears from it. And its power uplift and uplift up to brain without any fear from the enemy. Snake can leave many days without food because its temperature changes due to changes of the environment. So, need less food. When Yogi go to Samadhi, he or she need more food. Only small satvik food is enough.

38th Benefit of Brahmacharya: Secret of Good Health and fitness

Brahmacharya is the secret of Good health and fitness because with brahmacharya, Viragya comes in mind. With full mind purity. Body starts to purify automatically. Because Mind is real person and its shadow is our body. If mind is pure, body is pure and toxin free. If mind is impure, no one can save the semen and without semen, body start to weak and diseases make home in the same weak body.

Brahmacharya behaviours is like holy cow. A holy cow eats green grass but gives Amrit Milk. Same if the brahmachari eats small and simple food and protect his virya, it convert into Amrit and when whole body consume same amrit whole body starts to become source of amrit and it becomes totally healthy and fit.

So, start to pure the mind by Good books, by Satsang by pure imaginations that others women are my mother, sister and daughters.

39th Benefit of Brahmacharya: Peace of Mind

Due to following the brahmacharya, mind feels full satisfaction from the life.

1. It never feels boredom.
2. No anxiety comes in the mind.
3. When person is pure in thoughts, actions and words, results comes pure and mind satisfy from the pure results and feel relax and get good night sleep.
4. One of big reason of not being peace in mind is an attachment with material things. Mind is always restless running behind the material things and take stress to safe them. Root of this is sex desire. There are millions of beauty products are its proof. After adding beauty products on face, they want to become young and attractive but without brahmacharya, no result will come because when waste of same energy, mind will upset because of lack of treasures in the body. He or she did not sleep proper in the night and there will not peace in the mind and body

will start weak and weak body will unable to fight with diseases. But good fact that this does not happen who follow the brahmacharya.

5. When a person move to find the God, every place where he tired and take rest, Get Great Skin.

6. When we find the god and meet him, this will be great happiness. This will be permanent happiness. After getting permanent happiness. Minds feels real peace. Other happiness which comes from lust are just few seconds and we slave and we running and running means wasting more and more energy and getting few second pleasure. Mind in the end feels totally unsatisfied with this loss of his or her energy and suicidal thoughts comes into his or her mind but when the human being walk toward to God, big happiness comes and it is the secret of Indian Saints and Mahapurash's peace on face.

7. For brahmachari, it is easy to withdraw his senses and focus on God. Less consumption of sense energy, increases its energy and growth his or her spiritual life.

40th Benefit of Brahmacharya: Increase Concentration Power

Brahmacharya helps in increasing your concentration power. For concentration on anything in life, you need to remove all the distractions. Mind is the biggest distraction. Sex Urge in the mind is biggest distraction. Even you became old, but your desire to sex never stop because it is addiction and disturb your whole life and never achieve big thing in the life. Life can achieve big, if you will start to focus on the big things in the life. If you have won first it, you can concentrate anyone thing for many hours because mind is not disturbing you but it is helping you by giving his energy for the area where you are concentrating.

तपः सु सर्वश्यू एकाग्रता परमं तपः

Concentration is the biggest Solidity out of all solidity.

So, you have to first concentrate to follow brahmacharya because when with full concentration, you will become solid, you get power to concentrate in anything because person with full of lust, person with full of anger never concentrate on anything.

Peace of mind needs for concentration which comes from brahmacharya.

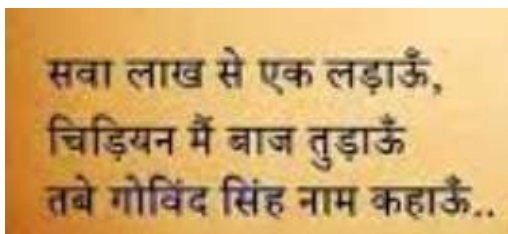
41st Benefit of Brahmacharya: High Energy for Daily Work

With following of brahmacharya, you get high energy for daily work because as long you save your vital energy, it will reserve. For example, you have kept the petrol of 5 Litre and you see the bike is not going forward, you just change nosel of petrol and keep it on reserve. Happy, you can driving 2 to 4 litre extra because reserve petrol will help you when there is no petrol in the tank for reaching petrol pump. God has made advanced system than this. It has also reserved but if you have enough reserve, you will never lack of energy for daily work. Opposite this, if you will break the brahmacharya, your energy level will automatically decrease for daily work. Laziness can easily attack on you because you have leakage. Just imagine that there is a Diya. If there is oil, it will go upward and convert into the energy of heat and light. Yes, fluid can convert into heat and light. But if there is leakage of this oil pot, there will not energy of heat and light even you are putting the oil in it after some time, it will be empty. Is not happening with you? You are eating good food but waste the energy after sex urge and not focusing the brahmacharya and so feel always weak of energy and never interested to do any work and thus fail in the life. So, focus the brahmacharya from today.

42nd Benefit of Brahmacharya: Boost Bravery and Self Confidence

With brahmacharya, your bravery and self-confidence will increase because God is fearless. If you take the step toward his duty truthfully and remember all time to the same god. You will achieve same quality of fearless. If you are able to overcome your fear, you can increase your bravery and self-confidence. Same quality, we only get from brahmacharya.

With the power of brahmacharya, one person fights with 1.25 Lakh malecchas and won.



43rd Benefit of Brahmacharya: Become Superman

With brahmacharya, you can become the superman. You have seen in the childhood the superman cartoon. In this, you see, there is big power in superman.

1. Superman can fight alone with 10 people. Brahmacharya will give the same power.
2. Superman can fly in the sky. With following brahmacharya and your siddhi, you can fly with your suksham sharir.
3. Superman can lift heavy things. With following brahmacharya, your both arms will become so strong, you can also lift anything.
4. Superman can break anything. Yes, this is true. With the Power of brahmacharya, Swami Dayanand broke the sword.
5. Superman can leave without air in the water. Yes, brahmachari's lungs became strong, he can live without air in the water.

44th Benefit of Brahmacharya: Never Become the Victim of Lust Urge

By following the brahmacharya, you become the Tiger who is the hunter not the victim. He hunts his own weaknesses, lust and anger.



It is the biggest excuse of the person who does not follow the brahmacharya that he makes himself the victim.

His excuses:

I am searching anything and I found bad things and broke the brahmacharya but brahmachari first safe search strict on the search engine and write very clear to

his query. Brahmachari never uses the search engine without a goal and never searches extra after completing the search.

The victim is the victim because he is not responsible. He is not taking the responsibility to save vital energy. But brahmacharya takes his responsibility first. He never engage in any eight Maithuns at any cost.

A victim person always complains that his problems of health due to other bad situations but never accepts that he or she is addicted of sex attachment and due to this, he or she wasted his vital energy, complain and hide his or her own weakness. But true brahmachari never complains, he takes responsibility.

45th Benefit of Brahmacharya: Transformation of Life

If you will follow the brahmacharya, you can transform your life. He checks first his own biggest weakness that is his bad habit of sex attachment. He practice changing this bad habit and make the good habits. He commits to become the brahmachari at any cost by not withdrawing the semen for few second pleasure. He spends his time for gaining spiritual knowledge and become the wisdom itself. With brahmacharya, you think positive, you will visualize the power is uplifting and no one can fall it and you will take the action to protect it at the cost of your life.

Even the brahmachari fails to protect his virya, he starts to improve himself. He checks which his trigger is.

The trigger may like this.

Searching something and eye senses collect the poison in mind.

Positive thinking

At any cost, I have to protect my eyes from seeing the poison that collect in the mind.

Visualize in the mind

What I see everywhere I am seeing my mother.

Action

I will learn more and more about brahmacharya.

Everyone wants to reach at his potential where he is a great power, energy and intelligence and its secret is in the preservation of semen and raj and if you do all action for this and win this and it is sure, you will all your potentials.

Some people are saying that brainpower is heavy over physical power that is true but as a wise person, it is lie.

Because at the time of emergency, the brain does not work.

Vinash kale virprit buddhi

This means, if you are in anger or lust, your brain will never respond and it will only support what your mind will command. Yes?

Now, what is solution?

Brahmacharya hi jivan hai.

Brahma means God and charya means move and walking in the path of God where you got both mental strength and physical strength and your life transforms.

46th Benefit of Brahmacharya: Succeed in the Test of Purity

If anyone tests the purity of mind, very few person will get success in this test. Do you know God is every time taking your same test?

When you will open the WhatsApp

Your mind will attract on the beautiful lady status

Remember this attraction will fail in the test of your purity.

When you will go to market

Your mind will attract on the beautiful lady

Remember this attraction will fail in the test of your purity.

When you will search on Google, Google play store and YouTube and Twitter and Facebook and all online apps or online websites

Your mind will attract on the beautiful lady image or video.

Remember this attraction will fail in the test of your purity.

Remember whether you are male or female opposite attraction will fail you.

Even you have sexual thoughts regarding your life partner after marriage will fail to you in brahmacharya.

That is the reason, test of purity is so difficult. A small sex thought can fail you to progress.

But if you are a deep follower of brahmacharya from your heart, you will succeed all the tests of purities.

When you will open the WhatsApp

Your mind will not attract on the beautiful lady status

Because

1. First you will not participate in any group and delete the group as you added in it.
2. Second you will not check the updated status
3. If your follower added the image lustful, request him or her, to remove it because you are following brahmacharya and you don't want to talk with him or her future. If not, you immediately block him or her. You have full control on your protection

Remember this positive action can be taken by strict brahmachari and can succeed in the test of purity.

When you will go to market

Your mind will see the beautiful lady

Remember your own mother and say this is my mother and I am his son.

With this, his own mother's visualization make his success in the test of purity of mind.

When you will search on Google, Google play store and YouTube and Twitter and Facebook and all online apps or online websites

Your mind will see the beautiful lady image or video

First fastly close it and close eyes and visualize own mother and speak, it is my mother and I am his son.

After this, he only focuses on the Goal. He also focuses on the benefits of his brahmacharya which is his worthy diamond

With this, he succeeded the test of purity.

This purity will make him powerful physically mentally and emotionally.

If a strict brahmachari is married, he or she makes only a relationship for desire of Baby. After this, he never brings sexual thoughts of each other and keeps only spiritual relationships with each other. Same relationship is of Ram and Sita.

47th Benefit of Brahmacharya: Free from Laziness

A true brahmachari never associates with opposite person for the lustful purpose. With this, every day, energy grows. Day by day, a big stock of energy is stored in his body. Now, same energy makes him always alert. He never feels lack of energy or brings laziness in his mind.

If you do not follow the brahmacharya, it means, your association is with an opposite person for the lustful desires and it has wasted your Virya Shakti and you are not now Viryavan that is the reason, you have lack of energy. With small work, you will tire and wants to get entertainment. It is just like running from hard work. Why taking temporary solution. Take the permanent solution that is follows the brahmacharya.

Once a patient has come to me, told that I am very weak and always feel laziness and my body is painning all the time. I told that you will be full of energy and free from all pain and never comes laziness. Will you follow my medicine? This medicine name is following of brahmacharya.

He told me, I am married and it is impossible.

I told that it is your fear. It is your weakness. Stop to say this. There is no medicine which can make you active, powerful and energetic. Only and only brahmacharya is medicine.

You eat it and give it to your wife. Marriage is the pure relationship. Never make it the room of adultery. Stop it.

Never do sex for 6 months, and your laziness will vanish in no time. Try and get the result.

Laziness is the sign of your weak body and mind and you don't have healthy body.

You eat well, you sleep well and you enjoy your life, all are needed for good health. That is good. But what is the benefit if you do not protect this earned health from food, good sleep and enjoy with brahmacharya?

Be smart. Be brahmacharya. Save your earned health. Never waste the semen.

48th Benefit of Brahmacharya: Find Who am I

Brahmacharya helps us to find our main answer

Who am I?

I am not mind and mind is just chief minister whose duty to get knowledge and take the work from action sensory like hand, foot, tongue etc.

I am not knowledge and action sensory. Knowledge sensory like eyes, ears nose, touch and tongue are the employees of my chief minister's mind. Action sensory are also employees of my mind

I am not body, it is just room where live with my chief ministers and employees.

Who am I?

I am soul.

I have full control on my mind and on my body and on my brain and on my sensory.

I can give command to my mind and my mind can command to my brain and my sensory and my brain.

By knowing who I am

Every action will be a good action

Every thinking will be good thinking

Every word will be good word.

I am the soul whose aim to find the god.

The God which cannot see this eyes. The god which cannot listen with these ears.

For this, I need to withdraw my all sensory and focus on my soul and focus on the God.

49th Benefit of Brahmacharya: Save the Damage of Earthquake of Nerve System

Only by following the brahmacharya, we can save us from the damage of earthquake of the nerve system.

Nerve system is body's own current system. These are wires in the human body that is called nerve and it connected with brain. When a person goes to bad way and with his thinking, with his words and with his action goes to lust. It will an earthquake on the body's nerve system. Whole-body will start to shake after once Virya lose.

You know what damages of earthquake on earth are.

1. Your life can go to death within few seconds of earthquake because your home where are you live will fall on you and it will be just murder of you without no crime.
 2. Your valuable building whether it is single room or 100 floors will become mud within few seconds of the earthquake. It will result in loss of enormous wealth and make you beggar from rich if you have earning source is real estate.
 3. Earthquake can fall the bridge, break the roads and due to this, it can break the supply of life important food items and can bring hunger and without water situation.
 4. Ground shaking due to earthquake just for 7 minutes can rupture the ground and it rupture inside pipelines, train, road and whole world can feel only cry and sadness.
 5. It can lead to landslides and it breaks into damaged places also.
 6. Tsunami can bring with earthquake and it can damage the place near the ocean.
 7. Even after earthquake, fire can damage the balancing home of living life. Electricity fire, gas pipeline fire is main due to breaking in its supply and connecting with the home matter which flow the fire like clothes and woods.
- Now, what is solution? The solution is stop the unnatural lifestyle and making big buildings and stop cutting of the trees and disturb the balance of nature.

Now, imagine when continually you waste the Virya through few seconds pleasure of mind, your body nerve system starts shaking in this earthquake and You know what are damages of the earthquake on nerve system of the human body.

1. Your life can go to death because with the loss of Virya, your body will start to the weak and weak body gets diseases fastly. Your immune system will also weak.

मरणं बिन्दु पातेन जीवनं बिन्दु धारणात्

Wasting of one drop of Virya is equal to killing and murder of life and saving of each drop of Virya, is the saving of life.

2. Even you will not die, then your body will become so weak with semen loss and you will be unable to fight against injustice. Weakness is worse than death because the weak person is a fearful person who dies every day with fear.
 3. No proteins, no good food and no medicine will make you healthy which you lose the energy due to breaking of brahmacharya.
 4. Nerve shaking can shake your brain also and brain's ability to control the body will lose and lose other things like Intelligence, memory, balance to body, more chance to paralysis in later life
 5. With nerve earthquake and shaking, it will disorder another system like blood circulation system and lymph system.
 6. Every lustful thought brings more lustful thoughts and a tsunami will come in your whole mind which will fall you from your progress and growth as a great personality.
 7. Even after wasting of Virya lose, after this damage, more damage will start with lifelong diseases such as nightfall and thinning of Virya and lose it during small sensation. It will disorder the whole reproduction system.
- Now, what is solution? Start to follow brahmacharya from today.

50th Benefit of Brahmacharya: High Level of Vairagya

It means in simple English, you will get detachment with protecting your vital energy. When you let it flow upward instead of withdrawing semen, prostatic juice and sperm from your penis gland. When you grow in the field of brahmacharya, it will be very easy to neglect all the attacks of lust on you. It will make your habit and Soon, you will become a lotus flower and no dust will attach you with your this habit.

If you have not any attachment, you can save from all emotional pain when there will be breakups.

With brahmacharya, you see only God in everywhere and attach same supreme power and it will help you detach with material things. You live a very simple life. Eat small and remember the God.

With high level of Vairagya, you do not take any insult personally and forgive fastly. No rag and dvesh can attack you.

With high level of Vairagya, you will be thankful to God and pure souls of what you have received for your own soul.

51th Benefits of Brahmacharya: Helpful to become blameless

Brahmacharya creates such power in you by which you become innocent forever. You also know that always if you are weak in character then it will be very easy to blame others. A characterless person is always guilty as it is also said. Lust is the biggest vice.

If money is lost, nothing else is lost, if health is lost, then something is lost, but if the character is lost, then everything is lost to us because the slander that belongs to a characterless person and dies alive.

But the one who is celibate and always remembers God and the God protects his character; then he becomes a Brahm-Gyani and wherever he sees, only God is visible to him, because of this sight, everyone sees him. He is respected, he becomes like the sun while living in his life and you must have seen that whoever looks at the sun with a straight eye, cannot see more than a few seconds, if he sees more, then he will see only darkness.

Because there is a lot of heat in the sun and if you want to blame, you have the power of truth that you can speak the truth by pointing a finger towards the same person.

Can you blame the sun that it does not give light and heat, only pretends to be light and heat?

So let's see who is true and who is false.

If you can see the sun straight all day, then you are speaking truth, your blame is true.

Within seconds your eyes will be dark and you will speak the truth

That I'm a liar. The sun really gives heat and light.

Because whatever hits the sun, the sun absorbs it, if the light of your eyes hits it, then the sun will absorb its light like sun absorbs the water lying in the ground and darkness becomes part in your life.

That's why only the full rising sun is saluted with closed eyes.

In the same way, those who follow celibacy can never be blamed on him, because everyone salutes him on seeing his physical strength, mental power and spiritual power.

Because that man always remembers only God in his mind.

52th Benefits of Brahmacharya: Helpful to Become Impartial like Wind

Brahmacharya makes you impartial because you did not discriminate against yourself. Didn't discriminate against any of your senses. You have taken their natural work. Like God gave hands so that you can do good works. Brahmachari

always does good deeds with his hands. He never takes undue advantage of his hand. He never does wrong things like masturbating with his hands. He doesn't let his hands be the slave of his mind. He has complete control over his mind, he does not allow it to be involved in immoral activities. It operates all the senses according to justice and its natural law.

Just as air gives same oxygen to the rich and the poor, similarly a person who observes celibacy behaves impartially to everyone.

It also comes in the rules of Arya Samaj, You should treat first with love then according to dharma and in end as per best justice for him.

First of all you should explain with love to your mind that only sensual thoughts lead to destruction.

If your mind do not understand, then according to dharma, give the lesson to your mind. Dear mind, your duty is to believe on me, I am soul and I am king of this body and you are my head minister and I command you to put an end to the defects of erotic thoughts from today, never take any lustful thoughts.

If your mind don't listen to Dharma, then understand that your mind has become a demon, then you should deal with it with justice.

That is, it has become obstinate that I cannot give up sensual thoughts.

Then you too be stubborn

Today I take this vow by considering all the four directions, sun, sky, earth, water and air as witnesses that I will follow celibacy from today itself and I will annihilate whoever comes in my way.

Then see that you have come under the bondage of your promise and now your mind has to give up his lustful thoughts.

Because you're visionary will see the divine.

Your ears will only listen to the voice of God.

Your tongue will thank God only.

Your writing will only praise God.

Your steps will go towards God.

So after some time on your mind, its culture will be born.

And your mind will also start remembering God.

You will plan to find god.

You will meditate to find God.

This mind will come on the right path only when natural judges who never do partiality like taking an oath as a witness to the wind, then only your life will become neutral.

So, start to follow brahmacharya from today.

53th Benefits of Brahmacharya: Helpful to keep patience

Brahmacharya increases your patience. Brahmacharya increases your tolerance power because you are lifting the power repeatedly.

See weightlifter and power lifter. They have increased their tolerance power because they repeat the sets and reps of lifting weight. So, stamina creates in their muscles.

When you follow the brahmacharya, you also repeat your struggle to uplift your Virya power. As a brahmacharya, you never think lustful way. Every lustful attack, you only remember God. Save me God from this lust attack. It is your creation and I want to find you instead your creation. I am thankful to God, you have given me everything. Now, I do not have any more desire. I only want to sing the appreciation song of your kindness. You gave me air, you gave me sun. You gave me food. You gave me determination power. I am determined. I will never think lustful because I have to uplift and save your made power in my body. This will one reps. Brahmacharya does its million raps and makes the set in his mind and make his mind so strong and this strength in the muscles of mind makes the stamina to uplift the vital power.

He always says, I have good stamina. I can uplift my vital energy. I can do this. I can keep only patience. God is with me.

This is a great benefit that with a positive attitude, brahmachari got the secret God-knowledge. His behaviour is like earth. If you dig the earth or add the water on it. It never say anything to you and its tolerance power of earth direct affect your life.

For example you dig the earth and added the plant. After time, earth grows same plants and one day, you are going to same plant and you got puncture wound on your foot. Second person, same time dig the earth and add mustard and turmeric and oregano plant. You go to same person and got the mustard oil and turmeric and oregano and added same puncture wound and healed it. It will healed with your strong immune system also.

Now, earth has patience and everyone will do wrong got the result of his action like first-person got the pain of stick nail because his action was bad and other person plant medicine and helped such person. Earth is giving help both people by its patience ability. Same ability, we can get by remember the god through following of brahmacharya.

Because whoever treats you with lust, then you take your attention towards God and say that I have forgiven him or her. Who will do bad, get bad result.

54th Benefits of Brahmacharya: Helpful for making Enlighten in the Mind

Brahmacharya helps for becoming enlightened in your mind. It means you have understood everything in the light of knowledge and you can use it for your and other people's biggest goal.

When there will be light, darkness removes. There is no existence of darkness. It just comes with a lack of understanding of knowledge in your mind. When the sky is clear and sun light comes on the earth. You can see everything. You understood rope as rope and snake as a snake but in the darkness, you will understand rope as a snake and starts fear and this fear increases your heart speed and in darkness, you got puncture wound through stick nail and you thinks that same snake has attacked on you and you felt the poison in you and fall on the earth through huge heart attack.

It happened because of your ignorance, sensual thoughts, sensual desires, your lust in your mind, it is your ignorance which makes you frightened and weak and leads to death.

But this, does not happen who follow the brahmacharya. A person who remembers the Brahm. Brahm gives his true knowledge in his mind and his mind enlightened.

55th Benefits of Brahmacharya: Helpful to Become Humble

Brahmacharya helps you to become humble. It is the natural rule, if you mind is empty, it can absorb the knowledge. If your mind is full of lustful thoughts, it cannot absorb the knowledge. Because by following strict rules of brahmacharya, brahmachari removes his all lustful thinking, lustful desires and lustful emotions. He leaves all his bad habits lust and anger. With this, he got freedom from slavery of momentary sensation and sensual pleasure. Same time, he spends to learn the great treasures of spiritual knowledge. He starts to live in the company of spiritual and enlightened people. He starts to more time to meditate of God. All these things makes him humble. This humbleness is his great success in life. He got the success on his tongue. He speaks less and listen more from great people of the world. He thanks to god for all things which he received from god whether it is inside body and outside body and other great soul for what got great knowledge from them. He appreciate the God and great soul for his kindness on him. He never complain. He never compare. Both friends and enemy are equal in his eyes because he sees same god in both like a humble person. When same god is in his friend and enemy how can compare both. Both are the soul of God and he can see the god. For him, all are sons of God and all are equal.

1. When brahmachari see the woman, he becomes the humble and he feels himself like 5 year kid of same woman and his humbleness save him from all lustful attack. To understand like 5 year kid of same woman is great humbleness. With following brahmacharya, he got humbleness and same humbleness protect his brahmacharya. There is no ego in the brahmachari.

56th benefit of celibacy: Helpful to fire to all the impurities of the mind

The biggest advantage of celibacy is that celibacy has the ability to burn all the evil inside you. You must also know that the work of fire is to burn everything, fire is also called Pavak in Sanskrit which means to sanctify. When a brahmachari heats himself in the fire of celibacy, he himself becomes a fire and all the impurities of his own mind are eliminated and all those who are in contact with him also get rid of all the bad habits.

You must have heard the name of Amichand. Once Swami Dayanand Saraswati ji was doing a Satsang and Amichand sang the song of God. When Amichand left, the people said. Amichand is a person who is addicted to a prostitute and drinking of alcohol. And after taking out his religious wife from his house and keeping a concubine, Swami Dayanand ji, who was an unbroken celibate, who had burnt himself in the fire of celibacy for more than 40 years, called Amichand in solitude and said Amichand If you are diamond, then you are stuck in the mud, now the time has come to come out of the mud, first of all, improve your character. Remove all the bad qualities of your mind, otherwise, it is useless for you to sing bhajans of God, it was only to say that Amichand started crying and fell at the feet of Swami Dayanand Ji, asked for forgiveness of his sins and went home to drain all the liquor bottles. Say get out to prostitutes out of the house and after getting forgiveness from his wife, brought her back to his house and started the following celibacy strictly and this celibacy removed all his evil and he became a singer who sang songs of the great God. This is the miracle of celibacy that first of all it will burn the virtues inside you and by burning the virtues of whoever is associated with you, purifying it and making it a mine of qualities like pure gold.

Fire is also called the holy fire and our ancient sages also worshiped it and still do it because they lead their life by celibacy, moving upwards like fire.

ॐ अग्नये स्वाहा। इदं अग्नये इदं न मम॥

Fire also gives us a lot of knowledge because it has immense power to burn impurities, it does not burn easily. This means that your celibacy will not be proved easily. Just like in ancient times two stones were rubbed for hours to light a fire and this fire was never allowed to be extinguished, similarly, you have to do.

You will also have to fight with your mind, you will have to fight, you will have to fight and this fire of celibacy will have to be kindled.

Today even though matches have been invented, but the principle is the same, a frictionless bottom and easily catching fire matchsticks, which are coated with phosphorus, but still friction and this matchbox are kept from water. You also have to keep your life away from all mischief and always pay attention to Brahmacharya.

57th benefit of Brahmacharya: No scum in the mind

By the following brahmacharya, you can never feel dirt because your life is like water, the function of water is to clean the dirt that is how your life becomes.

Whenever there is dirt on the clothes, we wash it with water, in the same way, the brahmachari always takes the name of God, remembers him and by remembering him every time, his mind becomes as pure as water, whoever takes knowledge from him too. The filth of the mind will end.

58th Benefit of Brahmacharya: Becoming an Ocean of Knowledge

By the following brahmacharya, you become an ocean of knowledge because whenever you start taking knowledge by giving up your desire for sex, thoughts of sex and sense tastes, then very soon knowledge starts coming inside you and you become an ocean of knowledge. Just as you pour water into the ocean or take water out of it, it doesn't matter, so is your life, you will go to get eternal knowledge of God and will always take care of it.

Nothing in the world will be difficult for you to understand. Knowledge will also be digested by the person who protects semen and you will have a wealth of knowledge of simple words to describe it in difficult words which will surprise everyone.

59th benefit of Brahmacharya: God will always protect you

If you follow brahmacharya then God will start protecting you in every situation. The great name of the Lord is Om. It means that God is the only protector in the world. If you are moving towards God, you will get protection.

Let me explain this to you with a quote, suppose someone tries to kill you without any crime and you leave his hands and go to the king's shelter, will the king not save you, he is the king of that country and you are like sons and protecting him is his dharma. But you do not go to him, but go to the shelter of a weak and coward and tell him to save his life.

Tell me, will you save your life because he is already weak and timid, he will hand you over to the robber. So, a weak supporter never protects you.

Doesn't this happen to you? God is also the biggest king of the world, we are his subjects and we are like his sons, it is his religion to protect us, but instead of taking support, you eat doctor's medicines or eat protein stains and think that we will strengthen again. Mardana power will come, we will have all the fun of our mind, this medicine and this food will protect us from getting weak.

There is no need for celibacy, celibacy is nothing

So isn't it your ego that makes the king of the world sad, how mad is this human? Brahma + Charya = God's life you have to go but it is ego, you go for getting other support.

He has also become ill, the body has also become weak, yet the ego of the mind has not gone away.

There is no need for the king of the world, the king of the world is fake

And I believe in medicines and food.

So God also thinks that let there be such stumbling blocks because many people learn by stumbling.

So the destruction of such a person is the only annihilation, who will go to the sincere refuge of God, will take his name which is infinite, will always remember him, God will also protect him.

Because Brahmachari is always with God, therefore God always keeps him happy by protecting him from all evils.

Come take the name of that God Om Ram, Krishna whatever name you can take, He is the one who saves us.

There is a saying that God also helps those who help themselves.

If you misuse the knife yourself, then it can even kill you, if you use it properly, then you can cut fruits and vegetables and eat them and get happiness.

60th benefit of Brahmacharya: development of intellect

By following brahmacharya, your intellect becomes very sharp, like a tree cutter sharpens the axe after some time, similarly, if you also divert your attention from the things that increase your lust, you read good books to gain knowledge. If you do and practice on them then no one can stop the growth of your intelligence and you will become the greatest intelligent person in the world.

As Leonardo da Vinci focused his mind on discovering and falling for new discoveries and his intellect started to develop. If he too had become a victim of lust, could he have done the great discoveries that he made today?

This is India where great knowledge of Vedas, Upanishads, Darshana and Gita was given.

Who can make us great intelligent?

By following Brahmacharya, you reach that level of intelligence, which is not possible for the common luxuriant person to reach and taking knowledge from that great intelligent person is such a secret that you will never be able to know, this secret will be revealed only when you are humble. You will understand his knowledge and bow down to him and follow your brahmacharya life accordingly. Can you be the second Leonardo da Vinci? Can you open his intelligence secrets? Yes, if you take your time to understand science by conquering the senses like him that will be your humility.

61st Benefit of Brahmacharya: Improvement of character

If you want to improve your character, then it is very important to follow brahmacharya. Character is formed by your conduct, a person with good conduct is called a person of character and a person with bad conduct is called a person without character, now you tell yourself whether you want to be called character or characterless. Watching obscene movies, porn, talking obscene, socializing with obscene people, reading obscene books, all this makes you characterless and throws you in hell, and thus world will give you the title of villain or demon. Would you like it or would you like to become a person of character by seeing patriotism, listening to religious things, socializing with religious people and reading spiritual books?

India is proud of its history, by the following brahmacharya, crores of people became a personality of great character.

Shri Ram Chandra was a character and brahmachari, he had so much power in his hands that he broke the Gandiv with one hand.

Shri Laxman ji was a great character and follower of strict brahmacharya, he gave mother status to his sister-in-law Sita ji and only saw her feet in exile for 14 years and there was so much strength in his brahmacharya that he killed Indrajit because Agastyamuni had said that Indrajeet has a boon from Brahma, who can kill him who has followed brahmacharya for 12 years. All the senses were won by the force of brahmacharya for 12 years.

If you also conquer your senses through brahmacharya, then you too will be victorious in the battle of every life. Come adopt brahmacharya and become virtuous forever.

62nd Benefits of Brahmacharya: Good Utilization of time

With brahmacharya, you can make good use of time. When the mind becomes sensual, then this craving of the mind never ends and due to this yours precious time is wasted. The time once gone does not come back. If you spend this time in good works, then it is the best use of all the time. The time when you waste by thinking wrong thoughts, at the same time a ripe celibate achieves success by investing in his studies and his work, but the foolish lust addicted people does not understand this.

If you did not make good use of your student life, then later this will be your biggest mistake, which you will write with your pen, that I wasted time in wrong things, due to which I could not study during the student period, then instead of writing this history. Make good use of your life time by strictly following brahmacharya from today itself.

63rd Benefits of Brahmacharya: The Secret of All Success

The main road to success in life passes through this

1. Your concentration
2. You have a big goal
3. Self-confidence
4. Positive thinking
5. Habit of saving

6. Imagination power
7. Control yourself
8. Ability to lead
9. Enthusiasm in mind
10. Charming character
11. Tolerance
12. The spirit of cooperation

Now you tell me if you follow brahmacharya, will you not get these things? Absolutely you get it. When you will get these things then no one can stop your success in any field.

Because

From brahmacharya you get the concentration, imagination is in control of oneself, get the ability to lead, generates enthusiasm, makes for an attractive character, get positive thinking, get stamina, creates a sense of cooperation.

Even if your aim is to earn money and want to become rich, then it is necessary to follow celibacy to achieve this success.

Because money is not available without effort, Lakshmi always remains under the control of effort. Because the one who always destroys the semen cannot make any effort and does not have the effort to protect wealth, due to which Lakshmi is not protected and Lakshmi goes to some other person and you don't get success

64th Benefit of Brahmacharya: To develop good eating and sleeping habits

Brahmacharya makes you develop good eating habits

Because if you are following celibacy, still you are having self-destruction and semen is getting depleted, then you become very much aware of what to eat or not.

You quickly stop eating them and make a good habit of eating them.

1. Avoid eating sour things that include sour curd.
2. Do not eat red chillies and much spices.
3. Eat more salad and green vegetables.
4. Salt is very little and only black salt or sendha salt.
- 5 Gives up on tamasic food altogether.

Similarly, you sleep early at night and wake up early in the morning.

65th Benefit of Brahmacharya: Thinking positive thoughts in the mind

Those who are adulterous persons, their thinking also becomes very negative because their intellect is also destroyed by the destruction of semen and by telling their negative attitude on everything, they create a negative environment and also have a negative effect on others and you too. They fail and become thorns that make others fail.

Those who follow brahmacharya, their thinking also becomes very positive because there is never any destruction of semen and this always develops their intellect and creates a positive atmosphere by telling their positive attitude on everything and on others. You also make a positive impact and you also become successful and become the basis for making others successful.

See how much positive thinking of this Bhishma Pitamah which he Said about brahmacharya

✓ न तस्य किञ्चिदप्राप्यमिति विद्धि नराधिप !
यद्दुःकोटि ऋषीणाञ्च, ब्रह्मलोके वसन्त्युत ॥
हे राजन् ! उस पुरुष को कोई वस्तु दुर्लभ नहीं । इस बात
को तुम निश्चय समझो ! ब्रह्मचर्य के प्रभाव से करोड़ों ऋषि
ब्रह्मलोक में वास करते हैं ।

When brahmacharya' s intellect becomes positive by following celibacy, then he gets everything.

विक्रमं वृत्रहा जह्याद्धर्मं जह्याच्च धर्मराट् ।
न त्वहं सत्यमुत्सृष्टुं, व्यवसेयं कथञ्चन ॥

(महाभारत)

चाहे इन्द्र अपने पराक्रम को छोड़ दें, और धर्मराज अपने धर्म को छोड़ दें, पर जिस सत्य (ब्रह्मचर्य) को मैंने धारण किया है, उसे कदापि नहीं छोड़ सकता ।

त्यजेच्च पृथ्वी गन्धमापश्चरस मात्मनः—
ज्योतिस्तथा त्यजेद्रूपं, वायुःस्पर्शगुणं त्यजेत् ॥

(महाभारत)

चाहे भूमि आपना गुण गन्ध छोड़ दे । जल अपना तरलत्व
त्याग दे—सूय अपना तेज छोड़ दे—वायु अपना स्पर्श त्याग दे,

पर मैं जिस ब्रह्मचर्य रूपी सत्य को, धारण कर चुका हूँ,
उसे कदापि नहीं छोड़ सकता ।

Then Bisham Pitamah speaks with positive thinking giving importance to celibacy.

To follow celibacy is to follow the truth

See the thinking of ancient Indians, make names of sages by protecting semen
One name of semen is also Shukra, because semen contains live sperm, which is
the name of the sage Shukracharya who preaches semen protection.

There are three forms of celibacy

Physical celibacy

Mental celibacy

Oral celibacy

One who renounces mental intercourse along with physical intercourse is a real
brahmachari and the accomplishment of positivity comes in his thinking. Because
celibacy is the greatest austerity and everyone gets its fruit, destroying it destroys
the fruits of all the austerities performed by you.

To think positive thoughts, you should have the power of intelligence, this
intellect power of the brain also comes from the observance of brahmacharya.

Because it is said

Virya Balam, Balam Virya

It means semen is force and force is semen.

In whom this power comes, the intellect power increases and that person becomes
brilliant.

66th benefit of Brahmacharya: increasing enthusiasm

To do any work, there should be enthusiasm in your heart regarding that work, when the heart becomes strong then you will be excited to do every work. Only the semen can make a man's heart strong, where the semen less person is discouraged, Viryavan does the work.

The second important thing is that that work should motivate you, which will inspire you and you should complete it with full effort. Enthusiasm is a moving power, now without telling you, can this power be generated from your semen power? Can a tired man after the loss of semen do any work with enthusiasm? Not at all, for this enthusiasm, it is very necessary for you to become a brahmachari.

You can tell me that your condition is very bad, you are short of money, so how can you be enthusiastic in your work, then I would say that you are saying this because you have never collected money in the form of semen.

Suppose you are 30 years old and after every 40 days your semen is produced 10 grams

And 90 grams made in a year and after 16 years semen becomes like this you are made

1260 grams, which went to the brain, which went to the heart, which would have been consumed in the body, but you expelled it from your genital senses

This power of the mind, this power of the heart, this semen expended in the body keeps you enthusiastic in every situation.

This semen is the life of God, it never dies as long as it is in your body and creates the zeal to do every work in you.

After eating food, this semen does not ask any other price for you, it reminds you that your goal is to become great in life, you have awakened the pride of the sages, so also your enthusiasm and enthusiasm.

Still nothing spoiled, first you protect the semen with enthusiasm, first, try your best every day with enthusiasm.

If no bad thought can remove this elixir of your semen from your body, then this enthusiasm of yours will increase 1000 times to achieve your goal.

You have to plant a dream in your mind from today that I will become the most powerful person in the world, the most intelligent person, the richest person with the power of celibacy and go ahead with full enthusiasm in this direction, then see how you get success. You have to water it with this enthusiasm, work with

this enthusiasm for only 10 years, and then see how much this enthusiasm of yours increases further.

67th benefit of Brahmacharya: becoming a deity

God is one who gives.

Sun is the deity who gives light and heat.

The moon is the deity who gives coolness.

Water is the deity who quenches thirst.

Earth is the deity who produces food.

In the same way, the qualities of a deity come in him who observes brahmacharya. He can help to protect the weak with his strength and removes the darkness of ignorance with his knowledge, he also teaches others to have good conduct and plays the role of a deity in making people strong, making them a van of knowledge.

The one who does not become, he looks at the mother and sister of others with filthy eyes because he has destroyed his semen by doing misdeeds and his craving is not quenched and he becomes a violent animal to deal with his lust. So tell me how you will fight this demon when you are semen less. If you have strength, then you can bring him on the right path by showing your strength.

That is why in our Gurukuls, this Brahmacharya was first taught to brahmacharyas.

कविता

मैं ब्रह्मकुल का बालक बनता हूँ ब्रह्मचारी ।
पढ़ने को वेद विद्या करता हूँ मैं तयारी ॥
आचार्य ने कृपा कर उपनीत कर दिया है ।
मन्त्रों से होम करके पावन मुझे किया है ॥

गुरुभंज का सदा ही करता रहूँगा जप मैं ।
सद्बुद्धि के उदयहित करता रहूँगा तप मैं ॥
अन्न ! मुझे कृपा कर देना वही सुमेधा ।
घ्याते जिसे पितर हैं सब देव औ सुवेधा ॥

रक्षा सदैव करना गायत्री वेद मातः ।
करता हूँ ध्यान तेरा स्थायं तथैव प्रातः ॥
मैं सूर्य के उदय से पहले सदा जगूँगा ।
बाहर नगर से जाकर शौच-क्रिया करूँगा ॥

मल मूत्र-इन्द्रियों को धोऊँगा सृष्टि लगा कर ।
मैं ज्ञान-मन्त्र सारे पढ़ूँगा चित् लगाकर ॥

मैं स्नान कर कुशासन फौरन बिद्या जर्जूँगा ।
ध्या करके ब्रह्मज्योतिः पापों से मैं धर्जूँगा ॥
गुरुभंज से शिला को बाँधूँगा तिर्य्य ही मैं ।
फिर आचमन करूँगा सब धर्म कृत्य ही मैं ॥
करके सुग्राण संयम अवसर्पणादि जप के ।
ध्याऊँगा सूर्य को मैं होंगे जो धाम तप के ॥

जप से निवृत्त होकर गुरु वन्दना करूँगा ।
स्नुल सदैव गुरु के भिक्षा मैं ला धरूँगा ॥
आवा गुरु को पाके धुति-शास्त्र मैं पढ़ूँगा ।
करने को देश-सेवा आगे सदा बढूँगा ॥

सोऊँगा भूमि पर ही पीऊँगा गुरु पानी ।
सात्विक करूँगा भोजन जिससे बन्नाशानी ॥
मधु-मौस का चिक्कन है मुख्य धर्म मेरा ।
शास्त्रोक्त होम विधि ही है मुख्य कर्म मेरा ॥

मिथ्या कभी न बोलूँ प्रण को कभी न तोड़ूँ ।
धर्मार्थ कष्ट भी जो आवे तो मुँह न मोड़ूँ ॥
सहकर के शील-वर्षा तन को सुदृढ़ बनाऊँ ।
परमार्थ मैं ही अपना सर्वस्व मैं लगाऊँ ॥

खी-संग से सदा ही बचता रहूँगा स्वामिन् ।
सद्गुरु मैं सदा ही रचता रहूँगा ध्यामिन् ॥
कर करक वीर्य रक्षा तन-मन करूँगा पक्का ।
भरती पै डाल दूँगा दुष्टों को देके धक्का ॥
विद्या-कला का संक्षय मैं आज कर रहा हूँ ।
इत्कोप मैं सुमति का पीयूष भर रहा हूँ ॥

देकर के वेद-विद्या गुरु जय विदा करूँगे ।
गुरु-दक्षिणा भी कुछ हम चरणों में ला धरूँगे ॥

कैसा परम मनोहर होगा अहो ! समय वह ।
आचार्य्य दूँगे मुझको करके कृपा अमय वह ॥
प्रेमाश्रु की सुधारा नयनों से वह चलेगी ।
गुरु से चिपुक्त होते हस्तों को मति मिलेगी ॥

68th Benefit of Brahmacharya: Increase the Imagination Power

By the power to imagine of God, we mean the power to create our minds. What a great imagination of God for making our all minds which can think and visualize the imagination. Seeing the creation of God, if there is a mountain, somewhere there are lakes, somewhere there is a river, somewhere there is a pond, if there is a flower, then there are thorns with it. All this is only the imagination power of God, which we get to see in nature.

One who followed brahmacharya and increased this power became a great writer, became a great poet, whether it is Kalidas or Surdas, great artists are all made by the greatness of brahmacharya.

If you also have a great dream in your mind, then it first arises in the form of an idea or idea on which you have to concentrate, now you have to connect your wire with God, who will fulfil this dream and make it a reality.

One of the great benefits of imagination is that the brain starts connecting new neural strings to the mind that weren't already connected which can be a shortcut to your success.

For example, you have 3 ways to get success in life.

If you will focus on your imagination power and not focus on sex ideas for a long time, you can get 7 new creative ideas in your imagination which can take you to the point of success very fast.

Learn something new every day from Brahmacharya.

With Brahmacharya, you learn new things every day as you focus on new learning.

Challenge yourself to the vow of Brahmacharya

Even if you are not following brahmacharya, challenge you to observe brahmacharya for the next 100 days and not to have a single sexual thought in your mind. It will definitely take your creative power and imagination to take up this challenge as you are already accustomed to it. As soon as you concentrate, your new brain wire will connect with your mind's imagination and you will achieve this challenge.

69th Benefit of Brahmacharya: The power to learn from your failure

Brahmacharya gives us the power to learn from our failures. Because those who do not follow brahmacharya, they fail once and lose courage, but those who

follow brahmacharya always remain a student and strengthen their mind that I have to learn from my every failure.

Chanakya was a great brahmachari, when Chanakya had acted for the first time, he could not win and he had to save his life by hiding, but he heard from a mother who is making understand her child that whenever Khichdi is eaten if you will put your hands in the middle. So the hand will rot, instead of eating at the centre first, eat nearby, then the heat of the centre will end. Chanakya took a lot of knowledge after that instead of attacking the centre first, he defeated the centre by weakening it from all sides. All this is possible only because of the intellect that comes from brahmacharya.

Only a brahmachari learns this by introspection.

1. Failure helps us to redirect our energy so that there is a better way to achieve this goal faster.
2. Failure is a good teacher who teaches us great lessons which we cannot learn any other way.
3. Failure says I have come to you because I am teaching you why you failed. Understand your mistake and stop this mistake you repeat and you are losing your profit.
4. Failure gives a rich experience which we can't get anywhere

70th Benefit of Brahmacharya: Convert thoughts of lust into thoughts of love

Brahmacharya teaches us.

Love is power. Lust is weakness. This is true because when we start loving we start caring. You love your cow or dog. You will start taking care of them. You will start feeding them every day. You have love and you feel satisfaction from it which you cannot get from lust.

You will become selfish by lust because you are earning for the fulfilment of your lust, you will work less and ask for more. You will dislike your work because you have always been addicted to your lust. This will make you hate your work and it will reduce your performance.

But if you love your work. You do more than getting paid. This will improve the quality of your work. This will increase your efficiency. This will increase your volume and work gives you a great reward that is happiness which never comes from lust.

71st Benefit of Brahmacharya: The Centre of All Powers of the World

Brahmacharya is the center of all kinds of powers. But wherever there is any power, it also has its center, in this human body, brahmacharya is its center, because when you come to know the center of the powers, then you can easily get the power.

Examples

1. Prithviraj Chauhan defeated Mohammad Ghori 16 times in the war because he knew the center of his power which was his strict following of brahmacharya. For the 17th time, he forgot his center and destroyed his semen before the war by having sex with his wife at night. This center of power has ended from here because when the semen is destroyed then the intellect is destroyed and he started to understand in the ego (Blind belief) that Prithviraj Chauhan, who can defeat Mohammad Ghori 16 times, will defeat this time also but power has moved away from his center when the power is removed from the center, it goes to someone else's center

Mohammad Ghori was defeated 16 times but what had he promised himself that either he would die or he will win, it is said that where there is strength in thoughts, there is semen, so Mohammed Ghori had semen which strengthened his thoughts. Put in doing work,

What happened if I lost 16 times, I did not give up with my soul, I will prove by fighting for the 17th time that I was not defeated, so this is what happened when Mohammed Ghori won and Prithviraj lost.

But Mohammad Ghori knew, now I knew him. So, I cannot fight for the 18th time, so he killed Prithviraj's eyes with hot iron bars.

But brahmacharya is a part of the soul, Prithviraj came to know the weakness of his mind from inside, that was the destruction of semen and his ego before the war, now realizing the mistake, he started the following brahmacharya from inside and the power came inside him. His friend arranged a competition and also took the consent of Mohammad Ghori.

In this competition, Prithviraj will shoot arrows at the target by listening voice of the target. His friend explained to Prithviraj in his own language that Mohamed Ghori is standing on this exact distance of target whose voice, you are listening, Prithviraj shot arrows on Mohammed Ghori with the power of brahmacharya and succeeded to kill Mohamed Ghori.

2. Suppose someone dies and his body is burnt, then we will not call his body a body because it is ashes, the mind will also dead but a soul Who separated the body from someone, there is some power, it means God, God is the center of all power.

And brahmacharya means now follow the path of god

3. Just like a person is rioting in the street, he does not complain about it to the police post, but to the outside watchman who does the work of cutting grass, who is not the center of power, so he will not even get the power, he will have to meet the police and write a report, this is the right way, in the same way, if you have to bring power in your life, then give up lust, anger and greed and meditate on God.
4. Even if a company has one lakh branches, it still has a head office, it has a board of directors, its shareholders are there, the power is concentrated with the board of directors and shareholders, and similarly, the center of all powers is the worship of celibacy.

72nd benefit of brahmacharya: Taking the right action from the senses of the body

Those who follow brahmacharya, they do their right work with the senses of the body, the Supreme Father, the Supreme Soul, has not only given it for sense objects but for their real work.

Urinary sense: Urinary sense helps to urinate so that the dirt of our body goes out of the body, if you do not take this work and take the work of the lust which does not belong to it (except for reproduction only) then this sense will be spoiled and it will not be able to do its real work well.

Taste sense: Its function is to do the main speaking function, we get a natural taste by eating all kinds of natural food, but if we eat unnatural things after the craving of taste, then there are blisters in the mouth and food pipe and pus in the teeth is filled, then we cannot even speak due to ill-health.

That's why in Brahmacharya we talk about the control of each of the senses so that they do the natural work of the senses and we stay away from the objects so that the natural work of the senses which is necessary for life does not get disturbed.

Eyes: God did not give eyes for the enjoyment of objects, it was given because when you walk, you come to a pit, then you escape after seeing it, but blind people have to fall in such a pit only, that's why their mind It happens somewhere else and despite having eyes, it is not visible and many people fall in the pit.

Ear: God has given ear to listen to good thoughts so that we get inspired and achieve our goal but if it is used to listen such a subject, which will destroy the semen, after that the hearing power of the ear also becomes weak. No doubt in it.

For example, if you are not in the house, turn off the fan button, if you do not, then the electricity bill will increase and this increases your expenses.

Similarly, lust eats your energy and by this your senses like eyes, ears, nose, skin, hands, feet, senses will become weak and you will get tired after giving money to the doctor, but diseases will not leave you and your bill will only increase, the expenditure will only increase, and health will not increase. Is it not wise to turn off the fan? Is it not wise to sing hymns of God by taking dispassion of the mind from the pleasures?

73rd Benefit of Brahmacharya: To be blessed by all the powers of the mother

The advantage of celibacy is that we start seeing in every woman the mother of the world who came with our birth to take care of us. By this, we get the blessings of the mother.

We know how holy and spiritual the word mother is because the mother is the idol of sacrifice, motherhood and dedication in our life. Can we get rid of mother's debt? No, it can never happen.

God is also our mother who gave us mother earth to sleep
God is also our mother who gave us infinite food to eat
God is also our mother who protects us all the time
God is also our mother who gives air to breathe at all times

The same power is manifesting in every woman which we call mother. That's why mother has been considered as the form of all power, when we start worshiping the mother of the world in every woman, then we get blessings of that mother in the form of power. Does a mother keep anything with her, she gives up her body, mind, and wealth to her children

The sacrifice and sacrifice that a mother can make for her child that no person in the world can do.

A son can be a demon, but not a mother.

If you want to get the blessings of the mother in the form of power, then start practicing brahmacharya from today.

And to follow this celibacy is not a difficult task when anyone meets a woman, say in the mind that this is my mother and I am her son, see how holy thoughts will start coming in your mind at the same time, celibacy will become stable.

This world is motherly, then where is the place for ill-will? Then what is the difficulty in following brahmacharya?

Shri Ram Krishna Paramhansa

Mother has seriousness like the sea

Mother has patience like Himalaya

Mother has love and affection like the ocean

This seriousness like the sea, this patience like the Himalayas, this love like the ocean, can you get it in a momentary lust?

This seriousness like the sea, this patience like the Himalayas, this love like the ocean can only be achieved by the blessings of the mother when we will please the mother with the service of brahmacharya.

74th Benefit of Brahmacharya: Reincarnation

The person who follows brahmacharya will be reborn, he will be born an animal, but he is not called a human being, who has all the good qualities of humanity, we call him human. Such as kindness, love, generosity, charity, fearlessness, hard work, perseverance, courage, wisdom, prudence, stability, forgiveness, patience, truthfulness. All these human qualities come from the observance of brahmacharya, if this quality is not there, then the person remains an animal even after taking birth.

And the guru holds him in the womb of his knowledge for his rebirth until Vasu, Rudra and Aditya become brahmachari.

Kuber's treasure to Vasu, Power to Rudra and Aditya is also called Sun.

For 24 years, after receiving knowledge from the guru, Vasu became a brahmachari.

For 36 years, the student should get knowledge from the Guru, become Rudra Brahmachari.

By attaining knowledge from a guru for 48 years, Aditya became a brahmachari. Parents give birth to the body, but the guru gives birth to student with his knowledge.

75th Benefit of Brahmacharya: Succeeding in the world's most difficult penance

The ancient sages used to live in the forests, where they used to make huts of grass. Then they close the door of that hut and then closing their eyes, they used to remember God until God appeared there.

The name of this is brahmacharya, that one should remember him at all times, but regarding the world, the biggest challenge for your mind, brahmacharya is the most difficult austerity, one who does it, he is entitled to the fruits of this penance. But you will say it is impossible to do, the word impossible is in the dictionary of fools.

It is definitely difficult as one can learn to walk on a rope, like a nut who performs tricks walks on the rope without fear of falling.

It is difficult like walking on the edge of a sword, but with practice, it is also possible.

You have the great power of the world that is the power of determination.

Take today's vow I will follow brahmacharya

76th benefit of Brahmacharya- Gaining strength from more exercise

If you have to become a winner of the world of sports or your exercise has a big goal, then brahmacharya can help in this if you do not destroy semen for 100 days, then if you exercise after that, then do double the amount of exercise you can do

Professor Ramamurti ji adopted the power of this brahmacharya and at first, he used to leave only half the exercise and then he went to Indian Ayurveda. He took a vow of brahmacharya. Then he got the power of Bhīma.

1. He would get up before sunrise in the morning
2. Running for 3 Kilometres.
3. Then wrestled with a soldier
4. After that fight wrestling in the ground
5. Then rest and go swimming
6. Then in the evening 1500 to 3000 push-ups
7. Then do squat 5000 to 10000

His all power comes from strict followers of brahmacharya.

If he pushed the coconut tree, then 2 or 3 coconuts would break and come down.

In this way, due to the power of the brahmacharya, his weight became 100 kilograms.

The chest became 41 inches wide, which on expansion became 57 inches.

77th benefit of celibacy - Power to destroy Bad people

If you feel that you do not have the strength to destroy the wicked in the world, then you can get this strength by spending 365 days of brahmacharya.

Do you remember who insulted Bhīma's sister-in-law passionately?

His name was Dushasan and Duryodhana. So Bhima also took a vow that I will destroy these two wicked people who have insulted my sister-in-law. And you must know that Bhima also killed Dushasan and Duryodhana.

Whose force was this in Bhima?

It was the force of brahmacharya by which he avenged the insult of her sister-in-law. If today someone uses force on a woman, then you should also teach a lesson to that wicked, but for that you should have 365 forces of celibacy. If you keep every drop of semen for 365 days, then you will get a force like Bhima.

78th Benefit of Brahmacharya - Enjoying the Journey without Burden

If you have double the weight in the journey, will you enjoy your journey at all, not the journey you will find it to be the porter's burden? Life is also a journey. And you are doing this journey by taking pleasure in the desires of your desires. The one who is tiring you every day, travels for happiness and pleasure, but because of your lust, you have taken so much burden that even 100 people do not bear. Throw it, be celibate, celibacy will give you the joy of this life because in

this we burn the bounty of desires and take the name of God and take the real enjoyment of this life.

But the virtuous husband is addicted to it, but whoever gets addicted to this subject, neither he will become intelligent, nor will he be able to raise his children, because the wife never makes any effort from the adulterous husband and without effort, even Lakshmi is not there and neither will he be able to give good values to their children, so if you want to give good values to your children, then follow the brahmacharya.

79th benefit of brahmacharya - the attainment of Brahmanand

When you follow brahmacharya for a long time, then you always remember God, be it day or night, summer or winter, sun or shadow, you remember Him at all times, one day God will come to you. You get such a joy which is more than the joy that any of our senses can tell, but its price is to follow the strict rules of brahmacharya and the senses complete renunciation of pleasure. Once this Brahmanand is found, now he does not find pleasure in anyone else, but the pleasures of the lust appear insignificant in front of him.

80th benefit of celibacy - never being sick

Sage Vagbhata has been a great teacher of Ayurveda, he has said that if a person does not have attachment in lust and sex, then he cannot get any disease. If you have any disease then you will have an attachment to the lust and sex in your past and its result is this disease which makes us unhappy and now you follow brahmacharya and this will not keep attachment to you and this disease will also get cured.

According to Sage Sushruta

साद्रक्तं ततो मांसं मांसान्मेदः प्रजायते।

मदेसोऽस्थि ततो मज्जा मज्जायाः शुक्रसम्भवः॥ (सुश्रुत)

Virya is 7th dathu and very valuable for saving you from all diseases.

Juice from food = 5 days

Juice to blood = 5 days

Blood to skin = 5 days

Skin to fat = 5 days

Fat to bone = 5 days

Bone to Bone marrow= 5 days

Bone marrow to Virya = 10 days

=====

Total time = 40 days

=====

So if you don't want to get sick at any time, don't let it go.

Acharya Charak says

Traya Upasthambha: - Diet, dreams, brahmacharya.

त्रय उपस्तम्भाः- आहार स्वप्नो, ब्रह्मचर्यमिती।

The absence of disease is dependent on the three pillars of your life, food, sleep or dream and celibacy.

The man who will have a sattvic diet, will sleep well and work towards fulfilling the dreams of his life.

One who is a brahmachari with intellect and mind, he can never get sick.

कायस्य तेजः परमं हि शुक्रमाहारसा दपि सारभूतं।

जित्तात्मना तत्परिरक्षणीयं ततो वपुः

संतातिरप्युदरा।।

The real power of body is your shukar or Virya or Semen. It is the basic theme of food. You have to protect it with the cost of your life like your own soul. With this, your body and sun will be strong.

81st benefit of Brahmacharya: Attainment of Brahma-Gyan

When a person remembers God in his daily routine, he spends the whole day remembering Parbhunaam. His night passes in remembering of God.

This world is perishable, this whole nature is perishable, never be infatuated with it, understanding it, having attachment to God, which never perishes, connecting with it is Brahmagyan.

Which can never happen to a worldly person who does not follow brahmacharya. Later, when slowly the things of his fascination end, then he rolls back towards God.

Because the world is perishable and you have a fascination with it, but its end is great sorrow.

Because God is immortal and you have spiritual attachment with it, but its end is endless bliss.

माया तो ठगनी , ठगत फिरत संसार

जिस ठग यह ठगनी ठगी , उस ठग को नमस्कार

By this knowledge of Brahma, everlasting happiness is attained which never turns into sorrow because you come into the light of knowledge and the darkness which was of ignorance vanishes.

खुदा देता है जिनको ऐश उनको राम भी होते है

जहां बजते है नक्कारे वह मातम भी होते है

Today the whole world has understood lust as the source of happiness as real, this is not Brahmagyan, and it is ignorance.

Where there is pleasure, there is disease

Where there is yoga with God, there is health

खुदा को भूल गए लोग फ़िक्रे रोजी में

खयाले रिजक है राजक का कुछ ख्याल नहीं

82nd Benefit of Brahmacharya: control the mind

It has been said that one who has controlled his mind, no task is difficult for him, but how will the mind be controlled, the mind is under control when it becomes austere.

So how do you become austere?

The mind will become austere by observing the fast of brahmacharya.

That's why it is said that Brahmacharya is the greatest austerity.

When the eye starts going in the wrong direction, it is an austerity to stop it, to look towards God is austerity.

When the ear starts moving in the wrong direction, then stopping it is austerity, listening to the words of God is austerity.

By doing this penance, the mind will burn like iron in fire.

Then the mind that will be formed, you can control it because it will obey your words, otherwise, you will be under its control.

83rd Benefit of Brahmacharya: Purpose of Life Fulfilled

Is life the only thing to eat, drink, sleep and enjoy, is it the reason why life has been given that it should be put to an end? No, this is not the purpose of life because those who become sufferers are sick and when this disease becomes mental, they do this self-harm, now you tell yourself what is the purpose of life.

A person took a loan for business but went to roam with his wife to enjoy and enjoy and when the bankers came, he started saying that he had invested in the business but there was a loss in business, he can't refund the principal and the interest, the bankers are afraid that our money will sink,

That's why the bank took over the house by taking husband and wife out of the house. This has become its slander.

Now let's say, as much as we had enjoyed the wetness, everything turned into sorrow.

So disappointed that both of them committed suicide by jumping into the river.

In this world, lakhs of such human beings commit suicide every day because they do not have control over their senses.

If this wife and husband were brahmachari, they would have known

Dharma is the first, has taken a loan from someone, it has to be returned with interest, it is a sin to even think of using it for one's own purpose.

So both of them used to make efforts and put this money in business.

By which both profit and principal would increase and it would fulfil the purpose of their meaning and now he would give back the loan.

They can fulfil their wishes according to the Dharma.

Our aim is to meet God who is the light of lights one who is rich in wealth. The creator of the infinite stars, the sun, the moon.

84th Benefit of Brahmacharya: Brahmacharya is difficult but always gives rise to new opportunities

Everyone tells me that it is very difficult to follow celibacy, I say that this is its benefit, every difficulty gives rise to an opportunity in your life so that you can be successful forever.

1. The job of a goldsmith is difficult, without a fan, one has to sit near the fire, but only then his shining gold ornaments are visible to everyone, it is difficult to become a goldsmith, but the value of the jewellery made by the goldsmith's work is more than that of gold. He gets the fruits of his labour.

2. The farmer's job is difficult, he has to be work on the soil, only then his crop is waving.

3. The work of a gardener is difficult, but due to his hard work, the whole garden is filled with fruits.

4. It is difficult to keep the senses away from the lust again and again, but only by getting semen, you can get physical strength, mental strength and spiritual strength.

85th Benefit of Brahmacharya: To increase the pride of our nation

Maharishi Dayanand Saraswati had said that no one can stop the progress of that country in which every citizen is brahmachari and no one can stop the knowledge of that country in which everyone is brahmachari. You can increase the pride of your country only by brahmacharya. Because first you yourself become a brahmachari and by this brahmacharya which gives strength, power and strength to you.

Wisdom comes from it, you contribute in serving the country and the country goes ahead in the world in terms of character and wealth.

1. It is very easy to give greed to those who are slaves of the senses, because they are slaves of their ten senses. This greed gives rise to dishonesty, corruption and bribery. The country is sold in the hands of Kanchan and Kamini.

Come Indians, wake up and renounce the slavery of the senses and become a mature brahmachari. And make others celibate too. Because the secret of one's own progress is hidden in the progress of others.

86th Benefit of Brahmacharya - Coordination of Power, Authority and Ability

The person who has the unity of power, authority and ability his work will always be successful, by studying brahmacharya, these three things come in you and you can also coordinate them.

Brahmacharya brings strength to you because you keep every drop of semen more than your life and do not waste it in sensory pleasure.

Brahmacharya also brings merit in you because you always associate with good people from whom you get knowledge, you read good books from which you get knowledge and it will increase your ability.

Brahmacharya also gives authority to you because what you have done penance, you have the right to be an ascetic over everyone, who can teach anyone to do penance and can take responsibility for it. He can even dare to do so.

Now whatever work you do on this basis, it will be successful.

Suppose you have to hire someone who is qualified for this, now you will give him as much power as he deserves, this power will be in the form of money and you will tell this money when he will take the responsibility of taking its right. If he does not take the responsibility, then do not tell the money so that the demon of greed does not come in him, because the brahmachari himself is free from greed, so he wants to keep everyone free of greed at all times. For this, not only

ability is enough, it is also a test of his courage to take responsibility, which only a brahmachari can take.

Like a mother who has power, has authority because keeping the child in her stomach for nine months, she has done penance, took care of the child and also has the ability so that she can teach brahmacharya to her child.

So she can make her child capable, she can make her child strong, she can make her child a higher authority.

If the mother has the power and authority but does not have the ability, then she should send her child to the Gurukul by a great guru who is an unbroken brahmacharya, only he can make her child life.

87th Benefit of Brahmacharya - Freedom from the cycles of birth and death

The biggest benefit you can get by the following brahmacharya is that you can get freedom from the cycles of birth and death of this world. When you repeat the mantra of Brahman again and again, God gets enamoured with your soul and keeps you in his lap forever, as long as you have an attachment to the world, then the desires of the world will not leave you. Because of the lust, you will be fascinated by Kanchan and Kamani again and again and this attachment will make you do the acts of unrighteousness (Adharama), due to which you will get yourself trapped in the bondage of karma and giving the account of the deeds means the new birth, like this eighty four lakh Junia became everyone. Giving the account of his deeds because

Even if there is happiness, he will have to come in the womb to enjoy it.

Even if there is sorrow, he will have to come in the womb to experience it.

So in order not to get in the womb, one has to do pray to GOD all time, which can be done by an unbroken Brahmachari, whom lust and lust do not attract.

ॐ वर्षोसिम समानानां उद्धततामिवं सूर्य ।

Like when a husband marries his wife and brings her in his home, he becomes the sun.

Because his wife was Usha, Usha means that in the morning she broke all the attachments of her father's house and came to her husband's house, just as in the morning, after eliminating her attachment from the night, she ends herself in the light of the sun.

The night is the sign of lust and attachment, this birth brings the cycle of death. Ignorance is also called night. When a person becomes a husband, the husband makes himself a Surya and swears that after producing only Surya (son) or Usha (daughter) through his semen to his wife's womb, he will not do it in vain and by following brahmacharya will prove himself to be the Sun. The Sun is the one on

whom no one can blame. With which no one can meet the eye. The sun is the one who removes everyone's scum of millions of years of darkness.

The one who is not married, will also produce Surya (son) or Usha (daughter) in the form of a guru with his knowledge and will take everyone to the path of God.

88th Benefit of Brahmacharya - Becoming a True Devotee of God

A true devotee of God is one who always remembers God in his mind and God becomes under his control, this is what happens in brahmacharya, with the mind you renounce the subject forever and always worship God. And you become a true devotee.

This love is like a cow's love for its calf

The cow is taken by the cowboy to graze, but all day the mother remembers her child in her mind, like a cow, if you have love with God, then there is true devotion.

This love is like the love of a monkey's child to its mother.

The monkey's child loves its mother very much, always holding her. Mother does not hold him, but with this stronghold, he fearlessly crosses big gaps, this is true love.

This love is like a cat's love for his child.

Cat always moves his child from one place to another with a shield in his mouth, always keeps his children in care. This is true love, if there is such love then you will become a real and true devotee.

Brahmacharya will give you this devotion. So from today take a fast of brahmacharya.

89th benefit of Brahmacharya - Attainment of divine vision

Divya Drishti means the vision which is a special kind of vision with which one can see what the ordinary human eye cannot see.

Like

1. Small things

A person can't see a small thing because it's too small than the range of his eyes.

2. Man cannot see a very distant thing because it is also far away from the range of his eyes.

3. Man cannot see his future only when the present comes before him.

4. Man cannot see his past with the eyes like the body which was in childhood and not in the present, he sees only what is present in front of his eyes.

5. When the eyesight becomes weak then even that which a common man can see cannot be seen.
6. When the mind is engrossed in the lust, nothing is visible, only the lust is visible everywhere.

Now divine vision will be available to those who follow brahmacharya

1. With this vision, the eyesight will increase and you will be able to see what the common eye cannot see, whether it is too small or distant.

2. Divinity will come in your eyes and as soon as you close your eyes and look at the future of yourself or someone, the future will be visible to you, this is called Drishti Siddhi, when you do not see obscene and sensual things with your eyes at all, then the truth in your eyes Come, you can already see your future dream come true and the dream will come true as you have seen

Like the airplane was not made but the one who discovered it already saw it and made it as it saw it and made and flew as it saw it. This is the divine vision that comes from the observance of brahmacharya.

3. From this point of view, you also remember your past completely. And you can see it with your eyes closed.

You will ask such questions from which you can see the past of anyone, where will the person ask such questions, he is walking in his own hell.

4. With this divine vision, a person can see the possibilities in those difficulties which an ordinary person considers difficult.

90th benefit of Brahmacharya - getting willpower

One who fulfilled the vow of brahmacharya by controlling his senses, His willpower increases manifold.

With this willpower, Rama killed Ravana. Truth always wins

With this willpower, Hanuman set fire to the whole of Lanka.

This willpower made Devarat Bhishma and he swore that death would come according to my wish, so it happened. It is the result of strong willpower that Chandrasekhar Azad did not come to the hands of the British till the end and the British could not catch him alive. He got strong willpower from unbroken brahmacharya, he did not let even a drop of semen go to waste. This was the power of brahmacharya, in Maharana Pratap and Shiva ji who swore that they would never be slaves during their life and they made it true with their willpower.

91st Benefit of Brahmacharya - Avoiding Great Stupidity

By following brahmacharya, we avoid the destruction of semen, it is the biggest foolishness to destroy semen.

And the foolish fool tries to prove it right by the sophistication.

Stupid husband

Why did I get married, I am also taking care of my wife so that I enjoy with her, but I do not want any more children.

Master:

Hey foolish husband, will the priceless semen be spent playing with the health of oneself and one's religious wife for momentary pleasures, will it not become the cause of great sorrow in the coming time?

The husband's religion is to follow brahmacharya for life by producing children like Sun or Usha from the semen obtained from brahmacharya, so that one does not commit great stupidity in life and increases the power of intellect and makes physical, mental and social progress.

Man's senses become weak due to the destruction of semen.

The woman's senses also become weak due to the destruction of the Raj of a woman.

Laziness increases due to weakness of senses which makes you unable to do physical work.

Being unable to do physical work causes the body to become weak.

Disease surrounds a weak body. That disease starts with this fear and worries, sleepless nights go away and only sorrow brings sorrow because you have lost your priceless semen, this is your stupidity.

If you had not followed brahmacharya, it would not have been great foolishness.

Whether the religion is adultery with the wife or adultery by a swindler, it is all unrighteousness and the result of this unrighteousness is the misery you will get.

Many foolish people abuse the power of money and indulge in prostitution, which destroys their semen and then the power to fight diseases ends.

If money has come to you, then eat fruits from it, drink milk, spend some charity work, due to which you will get physical peace, life will be happy all the time.

92nd benefit of celibacy - Being a sannyasi by heart

Even while living in the world, if you strictly follow your brahmacharya, then you will become a sannyasi by heart.

According to Maharishi Dayanand

A person who has no desire for sense attachment, no sense indulgence, there is no need for him to take a new sannyas, he is already a sannyasi.

If he has become a sannyasi in his heart, then listen to his benefits too.

The one who has become a sannyasi by mind, gets such a pleasure which he did not get from enjoyment in the world and he gets something which is not obtained by running after Kanchan and Kamani.

If you also want to take advantage of the retirement of the mind, then from today make a resolution that we will observe the fast of brahmacharya.

93rd Benefit of Brahmacharya - Leaving all evils

This is a very true thing in the world, if you catch even one good habit and become a slave to it, then gradually all your evil ends. Brahmacharya is the best habit in the world, if you become a slave to it, then all the good habits will come in you, all the evil will run away from you.

When he sees the same God in every sorrow, he will spend his life in his service. Instead of becoming selfish, good habits of charity, service and charity will come in him.

94th Benefit of Brahmacharya - Unlocking the Secrets

Due to the greatness of brahmacharya, the secrets inside you begin to open because you start searching for happiness inside, when the thought of lust comes in your mind, then you say, stop, I do not want this idea, but it is the work of the mind. Keep giving ideas

Now the secrets will be revealed by the best ideas, you will have a sense of self.

Hate can be conquered by love Grieving can be conquered by being grateful

Insult can be conquered by honour.

To correct the mistakes of others, you must correct your own mistakes.

Instead of jealousy after seeing the progress of others, victory is achieved by awakening one's self-confidence.

Happiness is in the name of God

If you stay in the lust, you will have to cry later, if you stay in the shelter of God, you will always laugh.

Wake up instead of sleeping in the morning gives happiness.

The lie can be conquered by the power of truth.

Meditation has to be done in one place and by wandering in many places, meditation also gets lost.

God is giving knowledge to all, only those who are worthy of knowledge will understand like the joy of sunlight will arise only for the one who has eyes,

One who is blind cannot enjoy the light of the sun.

The cuckoo is singing sweet songs in the morning, he will enjoy it only for the one who has ears. For the deaf, a cuckoo sings a song or not no value.

One who meditates on God will get that secret which cannot be found by those who do not meditate on him.

He becomes blind even though he has eyes, he becomes deaf in spite of having ears.

This secret will be known to those who follow celibacy, the rest will remain locked in their intellects.

95th Benefit of Brahmacharya - To receive the special mercy of God

The follower of brahmacharya always remembers the Supreme Soul and from that he receives the special mercy of God because he becomes eligible for mercy

If you remember god 24 hrs. You only have the support of God and God will support on you. God will take care of you for 24 hrs.

It becomes his responsibility to keep you happy, to manage your food, to protect you from every trouble, to protect you from every disease.

Therefore, always remember that God and do not bring the thoughts of lust in mind.

Lust, anger, greed, attachment and ego will not allow you to become worthy of God's mercy, so renounce them and become celibate.

96th Benefit of Brahmacharya - Avoiding the greed of the mind

When a person follows brahmacharya, one of its benefits is that it ends the greed of the mind forever, because in brahmacharya we always meditate on Brahma. And when we meditate, we remember that the Supreme Soul has given everything. There is no lack in our life.

1. It is only producing food for 24 hours to eat, go to any field, God is producing grain, go to any garden, God is producing fruits for us, God does not ask for its value from us.
2. God Gives sunlight every day.
3. God is giving cool air. For more cool air like ac, god has made trees.
4. He also created the night to sleep and made the mother earth for our sleep.
5. God has given us foot to walk.
6. If you are thirsty, God has given water to drink.
7. In order to increase the strength and intellect in the body, that God has also produced semen.
8. God is also producing cotton for clothes.
9. God has given the Hands to work.
10. God Gave eyes to see, ears to hear, mind and intellect to think

When you do not feel the lack of something, then even greed cannot come in your mind. Even the thought of robbing someone by cheating cannot come in the mind. Greedy will be the one who will have the greed to fulfil his lust and for that he will collect money by resorting to deceit, deceit and deceit. When there is no place of lust in the mind, then greed cannot remain there. On the contrary, he will think that God has given me more, so distribute it to those who need it.

97th Benefit of Brahmacharya - Being grateful for the blessings given by God

By being grateful, a person will become always happy and his tension will remove fastly. By following celibacy, we get this good quality of being grateful because when a celibate comes to know that God is giving infinite things to him without any cost, then his heart desires that he should become the head of that God and Thank you a million times. He starts giving thanks to God every day. He gives thanks to God lakhs of times in the morning and in the afternoon and at night. In this way, his whole life is spent in being devoted and this gives him an ocean of happiness, pearls of happiness which is priceless
Lust makes us selfish.

Isn't it true that God has done infinite favours on us, he does not even believe and thanks to him, he does not even calm down for a few moments, but with a disturbed mind, he always desires more and suffers the pain of sorrow. So let's start observing the fast of brahmacharya from today itself in order to be thankful to God by remembering the blessings of God.

98th Benefit of Brahmacharya - Having the power to count the blessings given by God

God is giving us big boons every day, but our attention is devoted to the fulfilment of the lust and they are not visible to us, but those who follow brahmacharya starts seeing this boon and they count them every day. Keeping the boons with him, he increases his power.

God also starts giving more and more boons to those who always do Tapasya of brahmacharya. In this penance, the brahmachari always sings the qualities of God and praises his qualities, God makes him the king of kings.

99th Benefit of Brahmacharya - Elimination of the craving of the mind

By following brahmacharya, all your cravings vanish. Trishna means longing. When you try to quench your thirst with worldly desires, it does not decrease and but always increases.

You started destroying the semen once for the fulfilment of your lust, then again and again the mind will go towards the same lust because it is the fire of lust and the more you try to quench it with the oil of your semen, the fire will increase. It should be quenched with the water of meditation, this is such a water that never ends, even if you name it a million times, yes, but with this water your thirst for the cravings of the objects of your mind will be quenched.

1. Being hungry does not satisfy the craving for this lust because then the craving for food will arise.

2. Nowadays people run to the Hakims to get some herb so that the power comes to fulfil their lust, but this lust is in the form of cravings, in whose longing man becomes hungry but this lust does not go away, all herbs fail. It is, only celibacy is the herb to eradicate this craving, in which we remember God at all times.

3. In the fulfilment of these desires, the money in the form of semen gets exhausted and after that we are fascinated because the weak do not make any effort and cannot earn money, but when you remember that God, there will

always be semen and effort in you. By which you will not have to be infatuated with anyone.

100th Benefit of Brahmacharya - Getting the benefit of praying to God

In brahmacharya, the time is passed in the prayer of God by removing the mind from the objects.

O Supreme Father, the creator of all things, like you taught the lion and the eagle to hunt for your goal, in the same way, teach me to achieve the goal of brahmacharya.

You are the ocean of love and take out all the lust from my life and fill my life with love.

By praying like this, you will get the benefits of praying to the God.

1. By praying, we get protection from the attack of lust.

God will protect you at the same time by killing these demons of lust, anger and greed.

2. All your negative thoughts get destroyed by the prayer of God.

3. In the prayer of God, we remember the blessings of God and the number of happiness increases in our life

4. It is to bow humbly before God and this fills our life with humility.

5. God is the only absolute truth and by his prayer, we also become a form of truth by connecting with that truth.

6. God is the great power of this world and by connecting with that power by his prayer, we also become a form of power.

7. I have experienced that when we sit down, giving up all hope, with both our hands resting, then help comes from somewhere. This is the miracle of prayer

The benefits of brahmacharya are infinite because in this only, We only remember God. We sing the qualities of God. We thank to God for his blessings to us. So, The benefits of remembering God are also infinite, no one can count them, but still, if there is a crisis in your life, then remember these 100 benefits so that you can save your precious semen, and divert your attention from lust. You will be able to meditate on the divine and get the knowledge of God by reading good and religious books and make your life successful. Om Shanti, Shanti Shanti Om

=====THE END=====
